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PAGE 123

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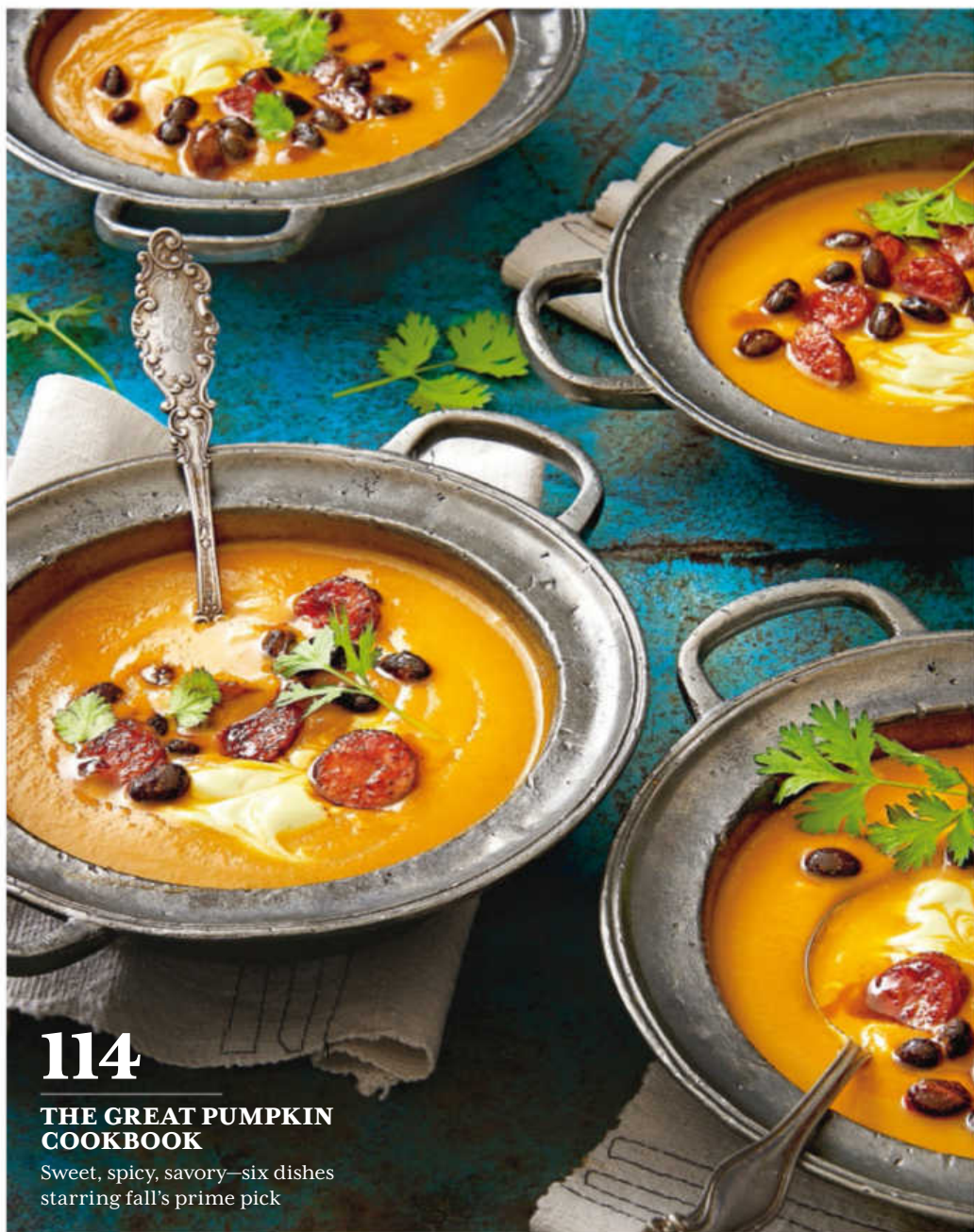
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OCTOBER 2015

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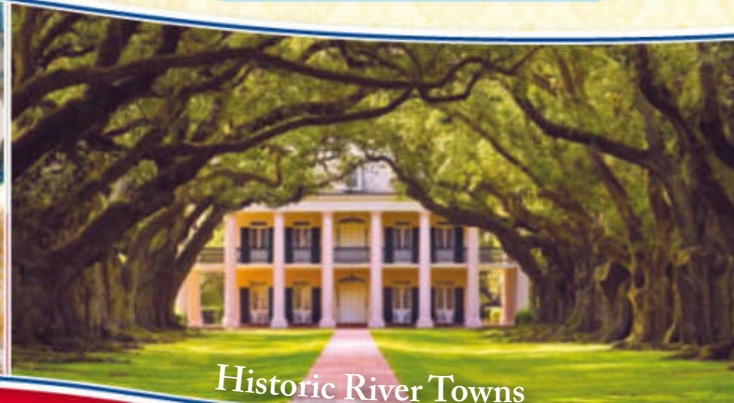
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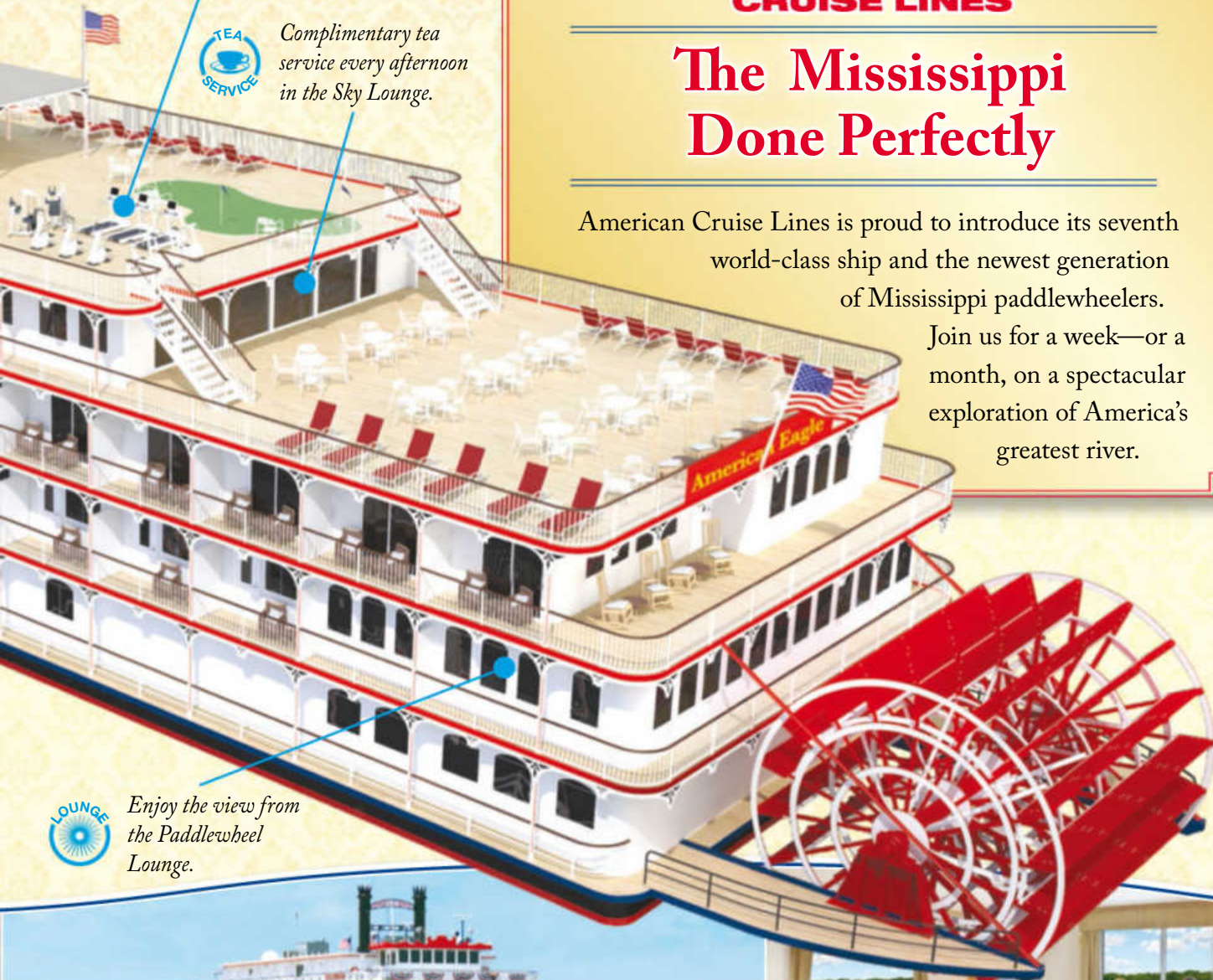
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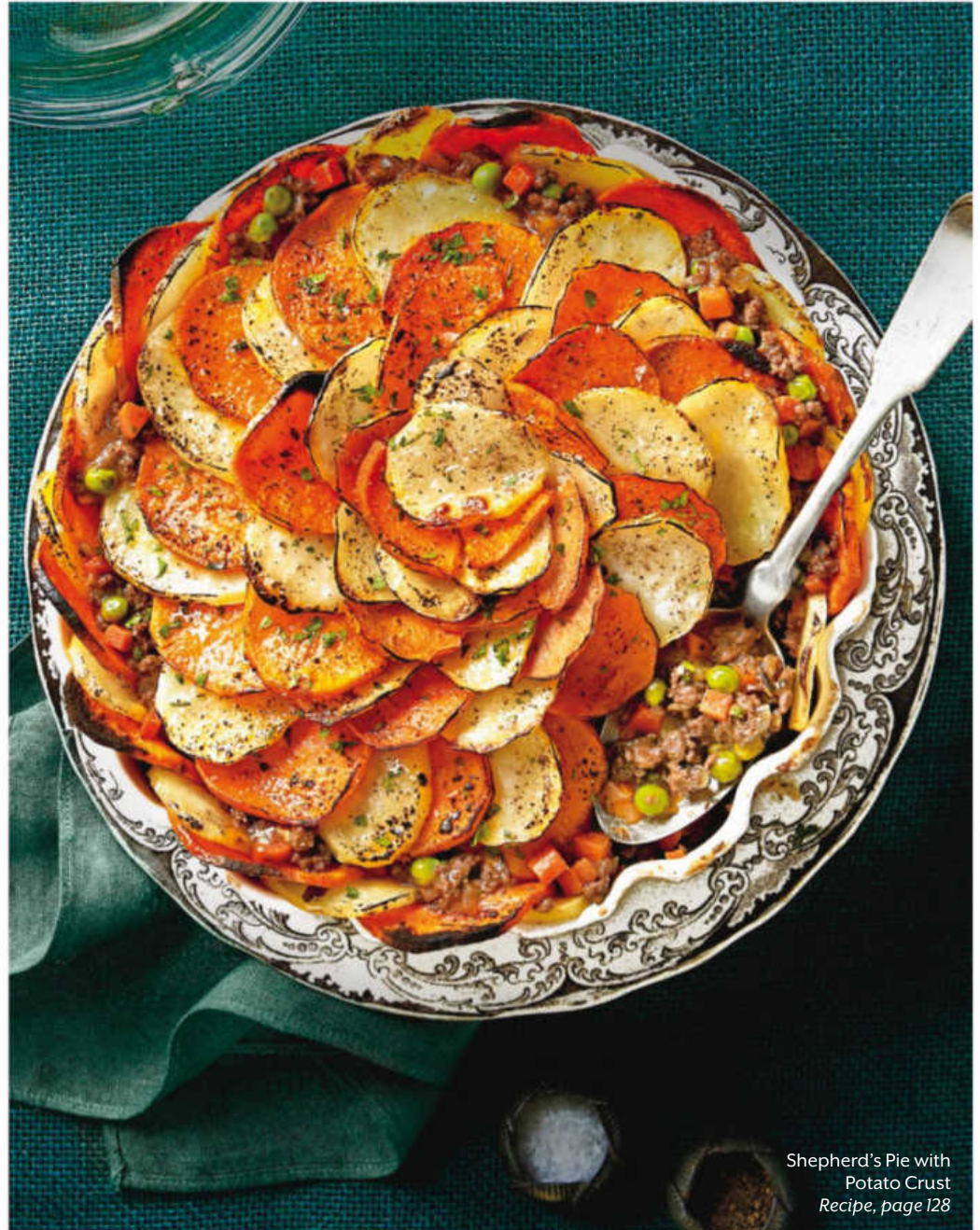
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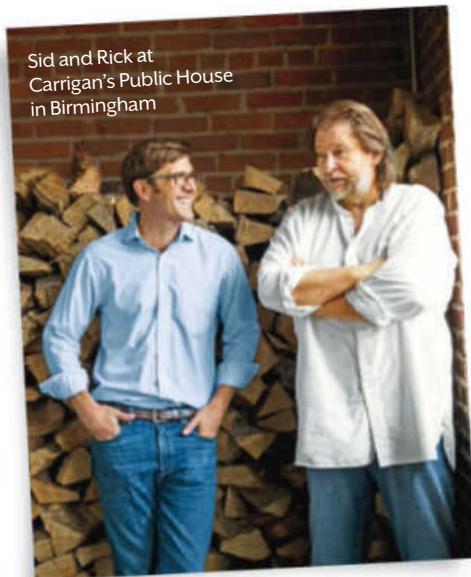
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Rick Bragg's New Book

Our back-page columnist has a lot to say, and now it's in one place



Sid and Rick at Carrigan's Public House in Birmingham

SOUTHERNERS HAVE a well-deserved reputation as good storytellers, but I've never known a better one than Rick Bragg, who writes the Southern Journal column on the back page of this magazine every month. Apparently, a lot of you feel the same way, because Rick gets more letters and e-mails than anyone, including the Editor in Chief. I would feel sheepish about this, except that I am often moved to write him a fan letter myself. Somehow it always seems that it's not just *his* hilarious, sad, or poignant story you're reading but your own.

"I especially liked his article 'My Affair with Tupperware,'" wrote Linda Estes Dillard from South Carolina, "as my two children and five grandchildren all wore the green lettuce keeper as a helmet." Other comments we get sound like promotional blurbs on the back of one of his many books. "Bragg is that rare writer who can tug at your heart and hit your funny bone at the same time," said Judy Adams from West Virginia. "He

doesn't need a paintbrush to paint a picture...he does it with words," said Arlene Townsend from Virginia. And many of them start the same way: "The first thing I do is turn to the last page..."

In person, Rick is soft-spoken, generous with his time, and every bit the storyteller he is in print. Our occasional lunches are not short affairs, mostly because I keep pressing him for more. He is also quite tall, and his deep-set, blue eyes betray a life that hasn't always been easy. His 1997 memoir, *All Over but the Shoutin'*, about growing up in poverty near Jacksonville, Alabama, is about a peripatetic childhood with a brutal, hard-drinking father and an extraordinary mother who refused to give up on her son. Rick has also seen a lot of unpleasantness as a journalist, from his coverage of murders in Haiti to the Oklahoma City bombing to the tornadoes that ravaged his home state in 2011. (He won a Pulitzer Prize in 1996 as a reporter for *The New York Times*.)

Maybe that's why his Southern Journal column always seems to have a ring of truth to it. He may be writing about nice things like bass fishing, football, or running around with a Tupperware container on his head, but he has a way of capturing the meaning of it all. It's never sentimental, just spot-on.

His column this month (page 142) is no exception. But if you're wondering about all the great ones you may have missed, you're not alone. A while back, we heard from Janet Hoyle, formerly of Anniston, Alabama, who asked, "Does he have any plan to gather these essays into a collection? I would love to have them all in a neat book rather than tearing out pages and sticking them in the back of *All Over but the Shoutin'*."

Well, Janet, you're in luck. This month, we're proud to publish *My Southern Journey: True Stories from the Heart of the South*, a collection of Rick's best essays about our region, with a whole bunch of new ones written just for this book. Turn to the next page for a small taste...

SID EVANS, EDITOR IN CHIEF
SID@SOUTHERNLIVING.COM

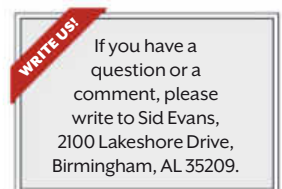


THANK YOU FOR SHARING YOUR SOUTHERN LIVING STORIES WITH US. WE'LL HIGHLIGHT SOME THROUGHOUT THE YEAR

LETTER OF THE MONTH:

In my 68 years, I have never before written to the editor of a magazine. But I am moved to do so by the inclusion of your beautiful black-and-white photo essay, "We Are One," in the current [August] issue of Southern Living. Your words and the spectacular photographs by Dan Xeller stopped me in my tracks. Your combined work is the beating heart of a publication that speaks to and for the South and has done so for many years. I can imagine the power of your experience, especially with your children alongside. And only through them, and our children and grandchildren, will change ever come. Thank you for having the courage to share Charleston, South Carolina, at its worst and best.

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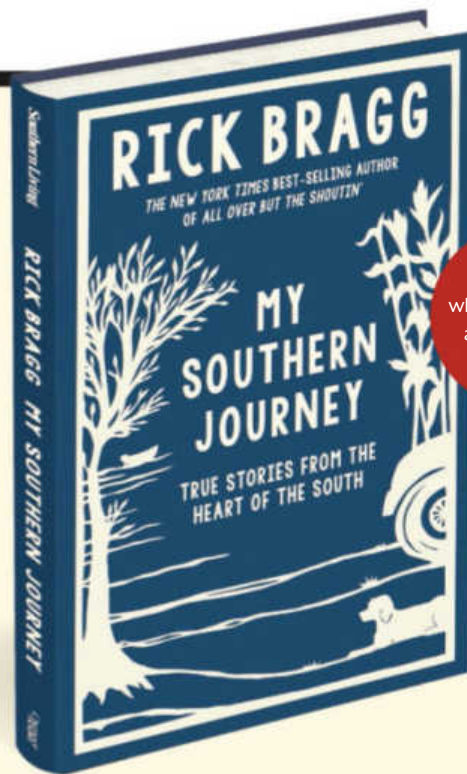
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LIFE AT SOUTHERN LIVING

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EXCERPT FROM Rick Bragg's *My Southern Journey*

I

t suits me, here. My people tell their stories of vast red fields and bitter turnip greens and harsh white whiskey like they are rocking in some invisible chair, smooth and easy even in the terrible parts, because the past has already done its worst. The joys of this Southern life, we polish like old silver. We are good at stories. We hoard them, like an old woman in a room full of boxes, but now and then we pull out our best, and spread them out like dinner on the ground. We talk of the bad year the cotton didn't open, and the day my cousin Wanda was Washed in

the Blood. We cherish the past. We buff our beloved ancestors till they are smooth of sin, and give our scoundrels a hard shake, though sometimes we cannot remember exactly which is who.

I wonder if, north of here, they might even run out of stories someday. It may seem silly, but it is cold up there, too cold to mosey, to piddle, to loafer, and summer only lasts a week and a half. The people spit the words out so fast when they talk, like they are trying to discard them somehow, banish them, rather than relish the sound and the story. We will not run out of them here. We talk like we are tasting something.

I do it for a living, which is stealing, really. Li'l Abner, another not-too-bright Southern boy, had a job once, testing mattresses.

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Hair by Antoinette Beenders.

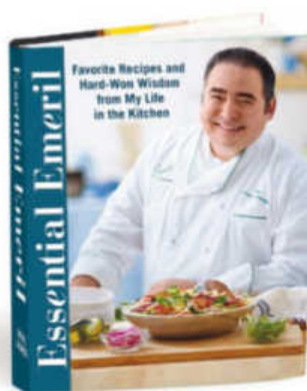
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Ever since he lied about his age in middle school so he could sign up for a cooking class, Emeril Lagasse has been collecting recipes. All 100 recipes in this book have stories—served with valuable tips, step-by-step tutorials, and a lifetime of lessons in technique.



EASY BARBECUE SHRIMP

- 24 large head-on shrimp (about 2 lb.), peeled, tails left on; shells and heads reserved**
- 1 Tbsp. cracked black peppercorns**
- 2 tsp. Emeril's Creole Seasoning or other Creole seasoning**
- 1 1/2 tsp. chopped fresh rosemary**
- 3 Tbsp. olive oil**

- 1 cup dry white wine**
 - 3 cups water**
 - 3/4 cup Worcestershire sauce**
 - Juice from 2 lemons (about 1/4 cup)**
 - 1/2 cup chopped onion**
 - 1 Tbsp. minced garlic**
 - 1 Tbsp. hot sauce**
 - 1/4 cup (1/2 stick) unsalted butter, cut into 8 pieces**
- Jalapeño Biscuits**

1. In a medium bowl, toss the shrimp with half of the cracked pepper, 1 tsp. of the Creole seasoning, and the rosemary until evenly coated. Cover and refrigerate until ready to use.

2. Heat 1 Tbsp. of the oil in a 12-inch skillet over high heat. Add the shrimp shells and heads and the remaining 1/2 Tbsp. pepper and 1 tsp. Creole seasoning, and cook, stirring a few times, for 3 minutes. Add the wine, water, Worcestershire, lemon juice, onion, garlic, and hot sauce. Bring to a boil, reduce the heat to a simmer, and let gently bubble for 45 minutes. Strain through a coarse strainer; you should have about 1 cup of barbecue base.

3. Heat a 14-inch skillet over high heat. Add the remaining 2 Tbsp. oil and then the shrimp; cook for 2 minutes, searing on both sides. Pour in the barbecue base, reduce the heat to medium, and simmer until the shrimp are cooked through, about 1 minute. Remove from the heat; whisk in the butter, 1 piece at a time, not adding another until the previous piece is fully incorporated in the sauce.

4. Transfer the shrimp to a serving platter or small individual plates. Spoon the sauce over the shrimp, and serve immediately with the Jalapeño Biscuits.

MAKES 4 first-course servings. **HANDS-ON** 45 min.; **TOTAL** 2 hours, 5 min., including biscuits

JALAPEÑO BISCUITS

- 1 cup all-purpose flour**
- 1 tsp. baking powder**
- 1/8 tsp. baking soda**
- 1/4 tsp. salt**
- 1/4 cup cold unsalted butter, cut into small pieces**
- 2 Tbsp. chopped seeded jalapeño pepper**
- 1/4 cup buttermilk, or as needed**

1. Preheat the oven to 375°. Line a baking sheet with parchment paper.

2. Sift the dry ingredients into a small bowl. Work the butter into the flour with a fork until the mixture is crumbly. Stir in the jalapeño. Mix in the buttermilk a little at a time, adding just enough so that it comes together into a smooth ball of dough. Do not overwork the dough.

3. On a lightly floured work surface, roll the dough into a 7-inch round, 1/2 inch thick. Using a 1-inch cookie cutter, press out 12 rounds. Reroll scraps to make additional biscuits. Transfer the rounds to the baking sheet. Bake until the tops are golden and the bottoms browned, about 15 minutes. Serve warm.

MAKES 24 mini biscuits. **HANDS-ON** 20 min.; **TOTAL** 35 min.

➔ To purchase a copy of *Essential Emeril*, visit your local bookstore or order from amazon.com.



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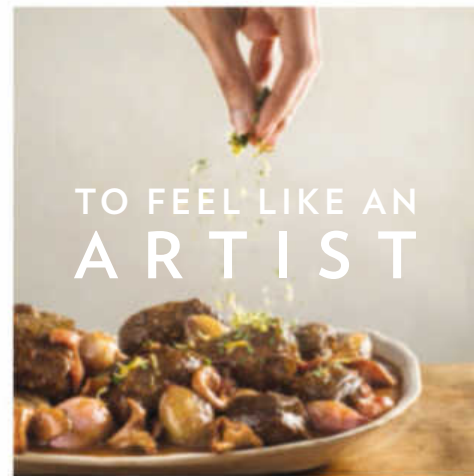
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SQUARE-FOOT HOUSE

The Genteel Cottage

ORANGE, VIRGINIA

SHORTLY AFTER A CONNECTICUT couple saw Virginia's horse country, they decided to uproot their New England farm and move it down South. Their plans to develop the land spanned years, so it seemed wise to start with an outbuilding that would provide lodging while a main house and stables were being built. The guest house is affectionately known as Sarah's Shack, named for the couple's daughter, an equine masseuse who now calls the space home. Madison Spencer, a local architect specializing in Virginia-style homes, built the cottage, and Sam Blount, who's from Decatur, Mississippi, but is now based in New York City, was charged with the interior design. "It was very important to the owners that it was a comfortable, cozy place to be," says Blount. "It was hard *not* to make it charming too."



The straightforward floor plan shows in the cottage's simple exterior (above): The kitchen "nook" is located off to the left of the main room, and the bedroom "nook" is off to the right.



Decorative touches—like green soapstone counters and tole fronts on the upper cabinets—add color and style to the white kitchen without taking up space. The marble-and-iron table also doubles as an island work surface.



Left: Blount set up a bar atop this chest and stashed glasses in the drawers below. **Far left:** The striking blue barn door takes up less room than hinged doors would. **Below:** Tucking the queen-size bed into a nook creates more floorspace.



4 SMALL- SPACE IDEAS FROM THE DESIGNER



1 “Symmetry is so important. It imposes order and soothes the eye,” says Blount (at left). “Whenever I hung something on one side of a mirror or large framed piece, I did the same on the other. Sometimes asymmetry is nice and necessary, but in

a small space where you see everything in one look, the best image is one that doesn’t make your eye work so hard.”

2 “One (not two) rug stretches a room. I’m a big fan of large rugs in small spaces—too many bitsy ones visually

chop up the floor. So, here, I put as big a rug in the living room as possible. And I layered it over the dog-friendly tile floor running throughout the house.”

3 “A limited color palette gives clarity. Blues and whites predominate

in this house, playing well with the clients’ classic furnishings. Too many colors can shrink a room—the eye has to stay very busy to take it all in. Painting the walls white and the vaulted portion of the ceiling celestial blue makes the 14-foot ceilings soar even higher.”

4 “Cunning storage is a must. I put an antique chest of drawers near the entry to work as a bar, arranged with pretty bottles. I also packed the two secretaries with books and built up the dining and bed nooks so they could rest atop roomy drawers.”



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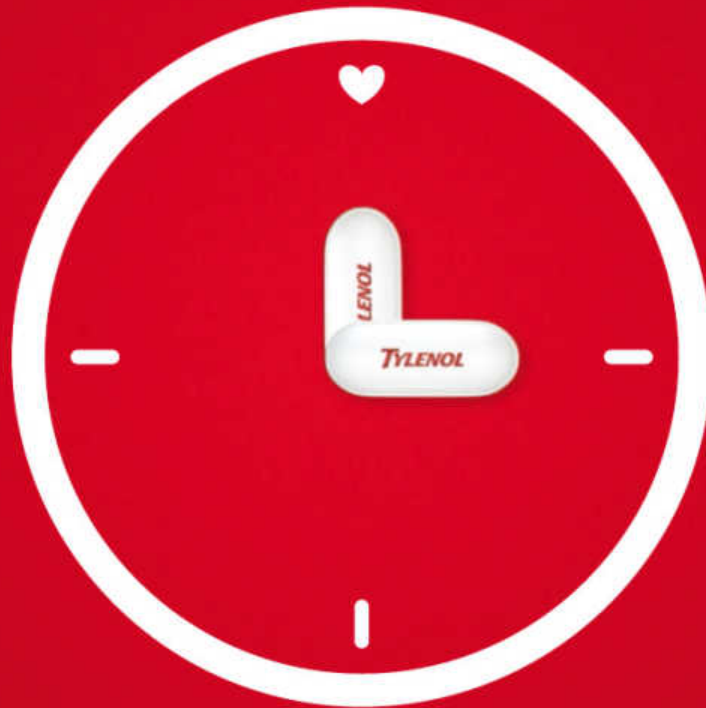
The Madcap Loft

CHARLESTON, SOUTH CAROLINA

INTERIOR DESIGNER and native Alabamian Matthew Bees describes his Southern-inflected style as one that's "not your grandmother's house, but your grandmother will love it." A Natchez, Mississippi, couple wanted a home base in Charleston to be close to their newborn grandson, and Bees found inspiration in a hotel where "a wonderful mix of 17th- and 18th-century styles was presented in a fresh, modern way," he recalls. "What could be more Charleston?" After gutting the space, he created a 1-bedroom, 1 ½-bath getaway that looks like it was cultivated over generations, a hallmark of the city's finest homes. He focused on filling the space with grand pieces that would make an impression rather than small items that struggle to stand out, resulting in clutter. "I pride myself on being able to achieve this old look even in the newest residences," he says.

In the living room, the 7-foot chocolate brown sofa fades into the wall and the skirt hides a pullout mattress. Beneath the stairs, a wall-mounted TV, glass-top table, chairs, and stools create a lively, low-profile dining nook.

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An Asian screen mounted from the ceiling beams gives the illusion of a wall in the loft's second-story bedroom. The garden stool and scone function as a nightstand and occupy just 2 feet of floorspace.



A warm, inviting living room scene. A large, tufted armchair with a vibrant floral pattern in red, yellow, and black sits on a dark wood floor. To the left of the chair, a stack of books is topped with a small pumpkin. In the foreground, an open book lies flat on the floor. To the right, a large, round, woven pumpkin is decorated with warm white string lights. The background is a rustic brick wall, and a window on the left allows soft sunlight to filter into the room, creating a cozy atmosphere.

Welcome Home

Four walls may make the house, but what about the things that make a home? Our new fall collections have finally arrived, bringing with them the timeless furniture pieces, unique décor and nature-inspired accents that bring every room to life. With rich colors, crisp textures and abundant style around every corner, it's easy to design the home you've always dreamed of. Let's start creating. 🍂

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4 SMALL-SPACE IDEAS FROM THE DESIGNER



1 “Don’t ignore the stairs,” reminds Bees (at left). “In this little two-story loft, there was a carpeted staircase from the 1990s that karate-chopped the space in half. I swapped the carpeted risers for ones made from heart pine to match the loft’s other floor-

ing. Using the same materials expands a space by seamlessly connecting rooms.”

2 “Drench everything in a single color.” Here, I used Benjamin Moore Bittersweet Chocolate on the walls, trim, and ceilings. I think it’s an old

wives’ tale that small spaces call for lighter colors. I always go darker. This makes the defining lines (the ceiling and moldings) disappear.”

3 “Good light is key.” Because there’s just a single, small window in the living space, I piled it

on in terms of artificial light: five lamps, a large central chandelier, and a smaller one over the dining table. Now, the entire space glows.”

4 “Go big—and tall—with art and curtains.” An overscale valance and draperies give a

small window real presence, making it appear much larger than it is. This same principle applies to hanging anything else on a wall to draw the eyes up. An Oriental paper scroll, cut into a series, stretches from above the sofa all the way to the second-story ceiling.”



Clockwise: Ginger jars heighten the tallboy and provide storage. In the powder room, the deep aubergine ceiling coordinates with the wallpaper. Filling the living room with upholstered pieces creates a plush look and extra seating.





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The Little Charmer

Nestled in Cloudland Station, a Southern Living Inspired Community in Georgia, this cabin caught our eye

ARCHITECT: Durham Crout **SIZE:** 1,600 square feet **PLAN NAME:** Cloudland Cottage #1894; houseplans.southernliving.com

TRY THIS PALETTE



SIDING

Comfort Gray (SW 6205); sherwin-williams.com



TRIM

Navajo White (OC-95); benjaminmoore.com

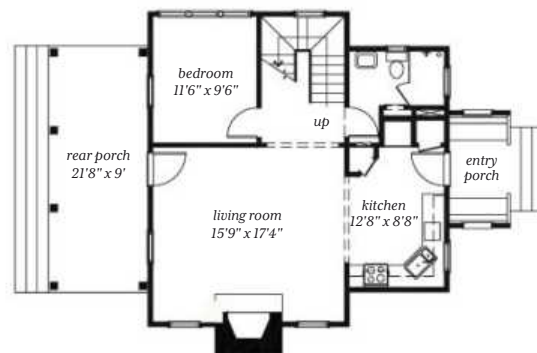
WHY WE LOVE IT

Designed with long family weekends in mind, life at this Chickamauga, Georgia, cabin centers around one big living room and the nearly 200-square-foot back porch. Upstairs, architect Durham Crout tucked in two bunk areas for guests. On the outside, he took punchy design liberties on this mountain cabin: He stuck with the typical boxy shape but raised the roofline, upgraded asphalt shingles to slate, and swapped out logs for larger than usual, 1-by-6 clapboards.

THE WOW FACTOR

That curvaceous white trimwork! Against the blue clapboard exterior, the front entry's rounded moldings and white spindles jump out like icing on a cake. 🍰

FIRST FLOOR



Second floor (with bunk areas) not shown.



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Pile on the Pumpkins

Fall for Southern Living floral genius Buffy Hargett Miller's **six fast crafts** starring pretty little gourds



THE 25-MINUTE WREATH

White pumpkins add an unexpected and elegant twist.

HOW TO DO IT:

Start with a store-bought **grapevine wreath**. Pick an odd number of **white mini pumpkins**. Attach pumpkins to **florist picks**, and then work the picks into the wreath, making sure to space them evenly. Secure pumpkins to the wreath with **wire**. Using additional florist picks, attach **seasonal greenery** (we used smilax) and **bittersweet** (available at your local garden center), filling in the spaces between pumpkins. Add an assortment of **fall leaves** to wreath with picks and wire for a colorful finish.

WHO ARE YOU WHEN YOU'RE HUNGRY?



Carving by
artist Jon Neill

GRAB A BAG OF SNICKERS® FUN SIZE® BARS THIS HALLOWEEN





THE 10-MINUTE VOTIVES

Feel free to skip the container and scatter the votives anywhere that could use a little fall glow.

HOW TO DO IT:

Fill a **rustic container** two-thirds full of **water**. Use a **craft knife** to trace circles a little larger than the bottom of a **tea light** into the **orange mini pumpkins**. Cut and carve out the circles to allow a candle to fit inside comfortably. Insert tea lights. Float pumpkin votives as well as **whole pumpkins** in water. Using the photo as a guide, add bright **fall leaves** and **sprigs of herbs** for color and texture.



THE 40-MINUTE TOPIARY

Raid your kitchen cabinets to gather the elements for this fragrant display.

HOW TO DO IT:

Start with **three bowls of graduated sizes**. Place wet **florist foam** in each bowl, and trim, as necessary, so the top of the foam is even with the top of each bowl. Stack the bowls with the largest on the bottom. Using **florist picks**, secure **white pumpkins** and **artichokes** in an asymmetrical arrangement to the foam of each level. Take a mix of **fresh herb and pepper plants** out of their pots, and wrap in **plastic bags** so they can be replanted later. Attach **berries** (we used brunia) to florist picks. Working one side at a time, use herbs, peppers, and berries to fill in the spaces between the pumpkins and the artichokes. If desired, create smaller accent pieces with **single bowls, sprigs of herbs, and individual pumpkins**. Display in the kitchen for fragrance and handy herb snipping, or use it anywhere else that needs a hit of charm.

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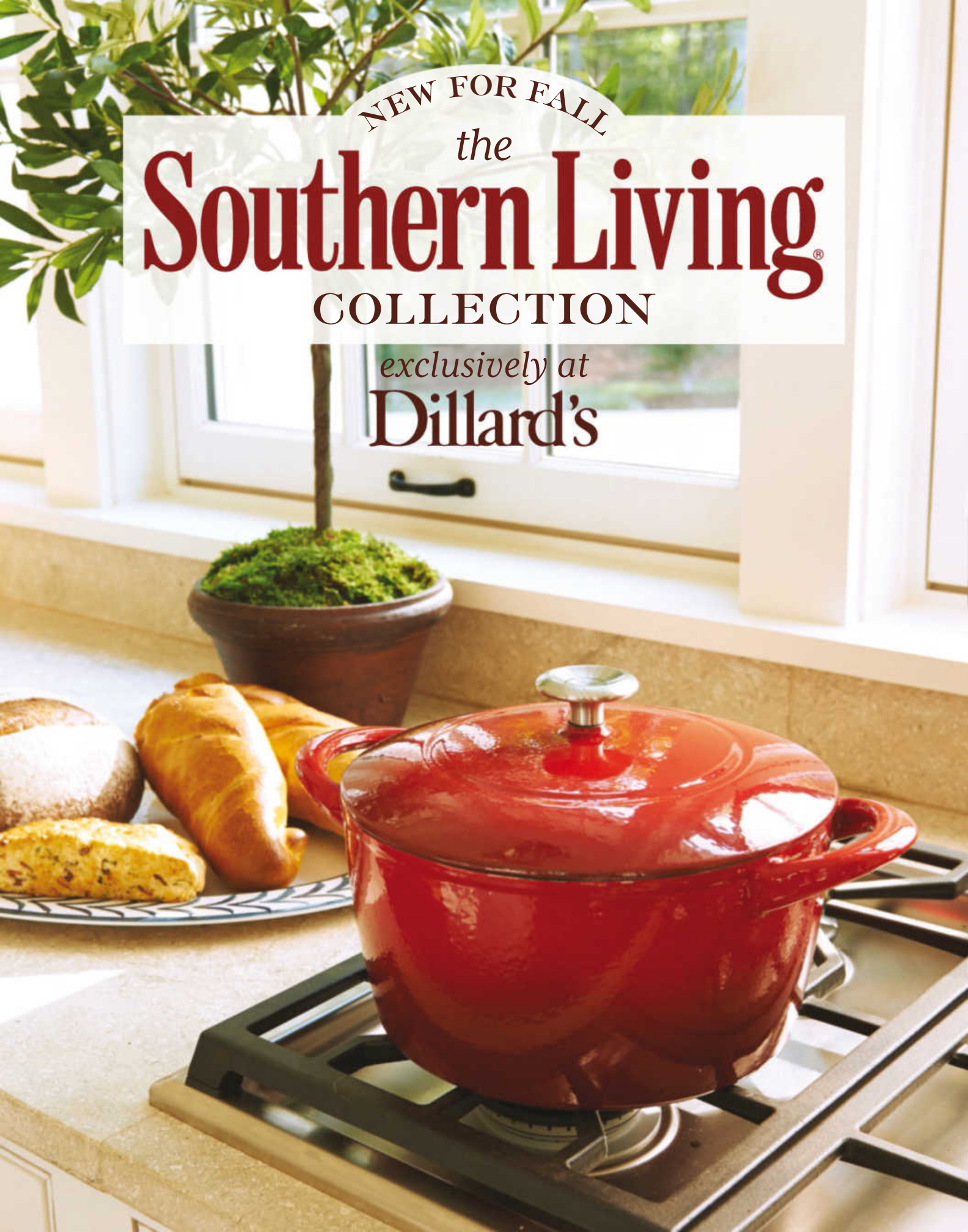
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THE 25-MINUTE CENTER-PIECE

A smart mix of green tones, white, and flashes of fall color make this centerpiece feel like a fresh, modern cornucopia.

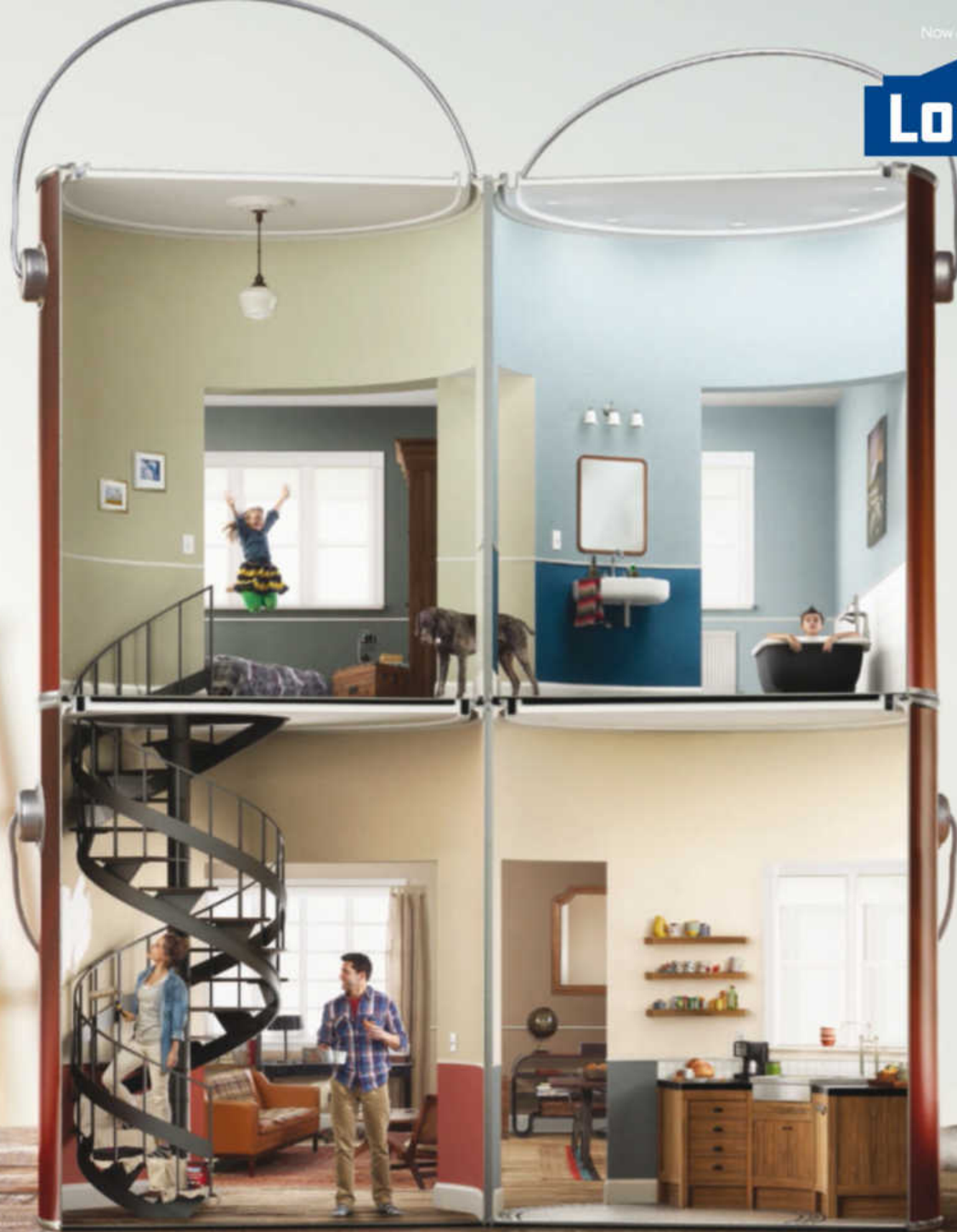
HOW TO DO IT:

Take a **round or oval container**, and fill it with **potting soil**. Plant a mix of **succulents** (such as echeverias) toward the center of the bowl, leaving plenty of room around the edges. Nestle small **orange and white pumpkins** into the soil. Add **seasonal vegetables** like kale, radishes, and eggplants. Use bundles of **fresh herbs** (such as rosemary and sage) to fill in any gaps. Surround with more pumpkins and **votives**.

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* Requires connection to a compatible home automation system through the Insynctive Bridge.





BLEACH YOUR OWN!

To make these ethereal pinecones, soak them in 2 parts bleach and 1 part water for two days. Remove and let dry. The pinecones will close up when wet, but they will reopen as they dry.

THE 15-MINUTE TABLEAU

Bring fall into your foyer with a simple tablescape.

HOW TO DO IT:

Pick a few branches of colorful **fall leaves**, and arrange simply in a tall glass **vase** filled with water. From this bold focal point, build out the rest of your tabletop display. Gather an array of **seasonal gourds** in a mix of colors, sizes, and textures for variety. Stack flat gourds of graduated sizes, and top with a large **glass cloche** (available at crafts stores or online). Fill another smaller glass cloche with **bleached pinecones**, and invert; we used it to top one of our flatter **pumpkins**, but feel free to improvise. Add a **potted plant** (we used a small olive tree) to the arrangement for texture. Place small gourds around the larger items, and scatter more bright fall leaves along the table.



THE 10-MINUTE MANTEL

Simple and rustic, this quick-to-make arrangement delivers what Buffy calls "an easy wow."

HOW TO DO IT:

Wrap **twine** several times around **votive holders** and colorful **fall leaves**, and then secure with a knot. To construct different heights, top the votives with varying numbers of **small white pumpkins**. Add a touch more autumn dazzle to your display with this simple addition: Gather an assortment of colorful fall leaves, and use **wire** to fasten them to a length of **rope** to form a beautiful seasonal garland. Using **temporary adhesive hooks**, attach the garland to your mantel. 🍂

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Southern STYLE

OUR GUIDE TO LOOKING YOUR BEST

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Bootie in Navy,
\$168; shopbop.com



A NEW NEUTRAL Navy is softer than black, more unexpected than brown, and gives jeans and dresses a rock 'n' roll edge.

A WALKABLE FIT The 3-inch heel is stacked for balance, the toe is rounded for comfort, and the soles are padded for overall support.

A LASTING STYLE Suede gets even more beautiful with age. Lengthen your shoes' lifetime by treating the suede with a waterproofing spray (available at supermarkets) that will protect it from mud and water. ☔

BLUE SUEDE SHOES, BABY

IT TAKES CONFIDENCE TO FOLLOW IN THE FOOTSTEPS OF THE KING, BUT WHO BETTER TO PULL OFF AN UPDATED WESTERN BOOTIE THAN A SOUTHERN GIRL?

STYLING: MARY BETH WETZEL

5 More Shades of Suede

Buy one size up in this camel shift to layer with a plaid button-down and tights. **Sanctuary Suede Village Shift Dress**, \$129; sanctuaryclothing.com

An emerald-colored clutch is dressy but not overpowering. **Suede Flat Clutch**, \$68; whitehouseblackmarket.com

This berry moto jacket is a million times more feminine and elegant than black leather. **Suede Jacket**, \$348; anntaylor.com

Sueded leggings—available in four neutrals, including this rich brown—are your best friends for fall. They go from cozy with flats and an oversize sweater to polished with tall boots and a silk blouse. **Faux Suede Pants**, \$99; karenkane.com

Climb into these strappy cobalt stunners as a step up from boots. **Noble Suede Cage Heels**, \$135; whitehouseblackmarket.com

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TIPS FROM A Texas Style Setter

Designer **Cristina Lynch** of Mi Golondrina in Dallas shares her routine for classic beauty



Lynch designs dresses, like the one she's wearing here, with women from Mexico.

"I'm a perfume freak—I spray it on day and night. I love that Stella's scent is floral but not too sweet."

Stella McCartney
STELLA Eau de
Parfume Spray,
1.6 oz. for \$72;
sephora.com



"Like my mother and grandmother, I've always liked to get dressed up and do my hair. I know women in New York and other cities like to be funky and trendy, but in Dallas we go for classic femininity."

—CRISTINA LYNCH

"Chantecaille first grabbed my attention for its pretty packaging. So many lipsticks are not very moisturizing. This soft pink color is rich but not too thick or shiny." **Chantecaille Lipstick in Sweet Pea,** \$36; nordstrom.com



"I've used this rich balm since high school. I dab a little on chapped lips or dry skin at night, and any flakiness is gone by morning."

Eight Hour Cream Skin Protectant Nighttime Miracle Moisturizer, \$39; elizabetharden.com

"I don't like to spend time blow-drying. For volume, I slather on this mousse and blast my hair with a diffuser for five minutes."

Pantene Pro-V Curls Defining Mousse, \$5.24; drugstore.com



"I have a girl crush on Salma Hayek. Her mascara delivers dark, high-impact color that doesn't rub off. I use an old-school eyelash curler and then add two coats."

Nuance Salma Hayek Full Effect Ultra-Volumizing Mascara, \$9.79; cvs.com



GAME-CHANGING HAIR GLOSSES

Take a break from dyes—these glosses and glazes are thrifty, commitment free, and easy to use at home

GO DARKER This foaming formula is simple: Just leave it in for three minutes between shampooing and conditioning to deepen natural hair color. **Rita Hazan Ultimate Shine Brown Gloss**, \$26; nordstrom.com

FLAUNT THE SILVER Madison Reed is all about healthful products that are free of harsh chemicals. The Crema gloss brightens gray strands and lasts up to eight washes. Apply on dry hair. **Color Reviving Gloss in Crema**, \$24.95; madison-reed.com

GET CUSTOM COLOR

This rich, hyper-pigmented conditioner comes in 11 shades. *SL* editor Katy McColl mixes the Copper and Light Golden Blond shades to re-create the strawberry blonde color of her youth. **Colour Reflecting Conditioner**, \$26; jflazartique.com

JUST ADD SHINE

John Frieda's glaze won't alter color but instead polishes strands and seals damaged ends. Use on dry hair once a week for 20 minutes before washing. **John Frieda Luminous Glaze Clear Shine Gloss**, \$7.99; target.com

REVIVE BRASSY BLONDE

Soften brassiness and boost platinum tones with this balm that nourishes as it tints. You need only a couple of drops. **Color Lustre Shades Reviving Balm in Golden Blonde**, \$58; shuueamura.artofhair-usa.com



MY MOM'S BEAUTY SECRETS

October is high time to be outdoors. Here, we celebrate the natural beauty (and a few basic tricks) of a former Avon lady and night cream devotee

HER ALL-TIME FAVORITE

"I remember Mom going to Line Avenue in Shreveport, Louisiana, to buy her Elizabeth Arden cream." **PREVAGE Anti-aging Neck and Décolleté Firm & Repair Cream**, \$115; elizabetharden.com

Connie Fielder Monkhouse in 1955 at Caddo Lake on the Texas-Louisiana border. Submitted by daughter **MOLLY CUMMINGS**



"Even though my mother was very polished, she valued natural beauty above all—her makeup routine included only foundation, powder, and lipstick. And she encouraged me to do the same. When I was growing up, our family did a lot of camping, water skiing, and fishing. Out in nature, all she needed was a great pair of sunglasses, a swipe of lipstick, and bobby pins to keep her dark auburn hair in place." —by Molly Cummings

MOM'S ESSENTIALS



BUG SPRAY

"We always used Avon's Skin So Soft Bath Oil as an insect repellent. Now Avon has a bona fide bug spray." **Skin So Soft Bug Guard Plus Expedition**, \$20; avon.com



DAY LOTION

"Olay under makeup creates a smooth, even base." **Olay Active Hydrating Beauty Fluid Lotion**, \$7.99; olay.com



ALL-PURPOSE BALM

"Mom slathered this cooling cream on our sunburned noses and shoulders." **Noxzema Classic Clean Original Deep Cleansing Cream**, \$3.99; target.com



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Southern
GARDENING

PLANTS AND SOLUTIONS FOR OUTDOOR LIVING

THE SECRET VEGGIE GARDEN

EDIBLES GET A BAD RAP FOR BEING
UNSIGHTLY. BUT P. ALLEN SMITH'S
ARKANSAS FARM PROVES THESE BEDS
CAN BE PRODUCTIVE *AND* PRETTY

Zinnias supply
cut flowers
and disguise
pepper plants.



▲ EASY IDEA 1

Buy your fairy-tale arbor at a feed store.

Don't want to build an expensive and complicated archway? Consider raiding a feed store or hardware store for inexpensive cattle panels instead. Bend the panels over a path, and stabilize with simple stakes like the arbor above. This simple solution provides a structure for asparagus beans to grow on and vines to climb. It also creates a shaded walkway from one side of the garden to the next.

◀ EASY IDEA 2

Punctuate your garden with colorful leaves.

A patch of bright purple coleus (visible here in the middle ground) acts as an exclamation point in a sea of green. It's mixed with a casual effusion of vegetables and flowers to create contrast in the beds, while stately cedar tuteurs add structure and formality.

Traditionally, we favor our flower gardens for their colorful beauty and our vegetable beds for their bounty of edibles. But combining both is something that garden designer, author, and television personality P. Allen Smith wants you to know how to do. “This idea of making the vegetable garden attractive, compelling, and very productive has always been extremely appealing to me,” he says. Those who have toured Smith’s Moss Mountain Farm in Roland, Arkansas, know that he designed it as a *ferme ornée*, or ornamental farm, an idea that dates to 18th-century England. It’s not important, he says, that people be able to replicate his entire 1-acre garden but rather that they can pull out some of his techniques as design inspiration to apply at their own homes. In that spirit, Smith shares with us some of the principles and ideas that help keep his vegetable garden gorgeous—even in the fall when beds typically start to look a little haggard.

“Diversity is important in gardening,” says P. Allen Smith. “I like to have a wide sampling of flowers, vegetables, and herbs.”

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0310119-021565



VISIT THIS GARDEN!

To schedule a tour of P. Allen Smith's Arkansas farm, visit pallensmith.com.



Try pumpkins as a thrifty alternative to statuary.

▲ EASY IDEA 3

Treat pumpkins as sculptures and stumps as pedestals.

"Laying out a garden is a little bit like painting a picture," says Smith. "You want to have all of your paints in front of you before you start." Here, his "palette" consists of raised beds, pumpkins, and stumps, which combine prettily to create a tableau with multiple focal points. And the pathways between the beds converge into a single, dramatic burst of coleus in a simple wire urn. Creating several focal points ensures that no matter where you are in the garden, there's always something lovely to see.

**◀ EASY IDEA 4**

Hide your veggies amid pretty flowers.

Marigolds and zinnias dot this fall garden with merry bursts of color and can camouflage less attractive plants. But many leafy vegetables (like kale, lettuce, and cabbage) and flowering herbs (like chives, fennel, and borage) are both pretty and delicious. So as you plan, remember: There is no "wrong side of the bed" in the garden. By all means, go for a wide variety of flowers, veggies, and herbs. 🍷

LEFT: Concrete chickens, hand-painted by Smith, stand sentry over marigolds and peppers.

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Dear Old Mums

Passed down by families and friends for generations, these graceful fall plants are easy to grow and share

Every fall, when I look out into my garden, I see my father, his

cousin, and my brother—not in the flesh, but as memories sparked by a special flower that links us all. It's an old-fashioned mum, deep red with a yellow center, lanky and sprawling like a teenager on a sofa. All of us have shared this plant. As long as it survives in someone's garden, our spirits survive there too.

These mums have little in common with the assembly-line potted ones sold by big-box stores for de rigueur fall porch displays—only to be discarded a few weeks later. For one thing, heirlooms don't look like sheared round boxwoods with flowers glued on; most of them grow into loose fountains of stems 2 to 3 feet tall that sway in the breeze and combine much better with salvias, asters, grasses, and other stalwarts of fall borders. For another, they're longer lived and easier to grow than debt on a credit card.

Old-fashioned mums form spreading clumps, making them simple to share. Just sink a shovel into the midst of the clump in either late fall or spring, and separate out a piece sporting lots of roots. Stuff it in a pot, and pass it along. Every time the recipient sees it blooming in their garden, they'll think of you and your gift.

Many old mums bear the names of people or gardens that shared them. Some names are mixed up. Others



Selections: [A] 'Cathy's Rust' [B] 'Miss Gloria's Thanksgiving Day'
[C] 'Ryan's Pink' [D] 'Judy's Yellow'

get forgotten. My family's heirloom mum came with no ID, so I named it 'Antares' after the giant red star in Scorpio. Should you conclude I've stolen your family's mum, you know where to find me. In the meantime, meet more old-timers, all available online at petalsfromthepast.com.

'Cathy's Rust'

I'd coveted this striking terra-cotta-colored mum that

boasts a yellow center ever since gawking at it in a display bed at Petals from the Past nursery in Jemison, Alabama, which is owned by my friend Jason Powell. So I got a pot from him. He received his original plant from his friend Cathy Blackwell, who in turn got it from her mother. Where it ultimately originated is unknown. This very vigorous plant grows 2 to 3 feet tall.

'Miss Gloria's Thanksgiving Day'

Fifteen years ago, Powell heard an intriguing story while visiting his friend Jenks Farmer in Columbia, South Carolina. Jenks claimed his mother, Gloria Farmer, had a mum with large, violet-pink flowers that always bloomed for Thanksgiving. I procured this one, too, from Petals from the Past. Last November, Gloria's mum lived up to its billing in

HOW TO GROW

Mums Are Easy

LIGHT: Full sun

SOIL: Fertile, well drained

PESTS: Control insects like aphids with horticultural oil or insecticidal soap.

TO SHARE: Divide clumps in fall after blooming or in spring.

GROWING ZONES: Upper, Middle, Lower, and Coastal South (USDA Zones 6-9; see page 74)

my garden, blooming, as promised, on Turkey Day. It grows 2 to 3 feet tall with evergreen foliage.

'Ryan's Pink'

The most popular old mum, this was named after Atlanta garden designer Ryan Gainey by a Georgia nursery he shared it with. But it just as well could have been named 'Harriet's Pink,' after Harriet Spencer, the Atlanta woman who gave it to Gainey. Of course, many gardeners claim it's really 'Country Girl,' while others insist it's 'Clara Curtis.' Forget the controversy. Just enjoy. This pale pink mum (shown at left and also in the photo on the preceding page) grows about 2 feet tall.

'Judy's Yellow'

Judy Moeck didn't plan to have her own flower. Powell's longtime colleague simply sought the origins of the tangerine-yellow mum her family had passed around for years. After "countless hours of exhaustive research," not a single record could be found. So 'Judy's Yellow' was born. It grows 2 to 3 feet tall. 🌻



MEXICAN BUSH SAGE

'COSMIC YELLOW'
COSMOS

PURPLE CABBAGE

BITTERSWEET
WREATH'CALYPSO ORANGE'
ORNAMENTAL PEPPERS

'LEMON BALL' SEDUM

All Fired Up

TAKE GLORIOUS fall color right up to your door by mixing the blazing tones of orange and yellow with cool shades of purple and blue. First, encircle a copper container with a bittersweet wreath (fresh or faux). To contrast with the orange berries, add 'Lemon Ball' sedum and the regal hues of purple cabbage. Spice up the center with 'Calypso Orange' ornamental peppers and 'Cosmic Yellow' cosmos. Crown the look with a halo of Mexican bush sage. Stack pumpkins on the steps for additional color. Provide full sun and moderate water and the display will flourish through the fall. When it's done, just plant the sedum in your yard to continue the show. 🍂

For a similar container, try the Aged Copper Hose Pot, \$149; ballarddesigns.com

The Company Store

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WHAT'S BAFFLING OUR READERS THIS MONTH:

Saving ferns, troublesome magnolia roots, and giraffe-size paperwhites

SAVE OR TOSS?

Q If I bring my Boston ferns into my garage now, will they survive the winter and be ready to hang outside next spring? —VALERIE

A It all depends on whether your garage

is heated and has a source of bright light. If not, simply chuck your old ferns (yes, I know this sounds cruel) and buy new ones in spring. If it is and does, though, you're in luck. Before your first frost, use sharp scissors to cut back all of the side fronds to the

rim of the container, leaving the topgrowth about 10 inches high. Place the pot next to a bright window all winter, and keep the soil fairly moist. Come spring, your fern should be bushy once again and ready to hang on the porch.

PROBLEM ROOTS

Q We have a magnificent large Southern magnolia in our yard that has roots running out on all sides. Would it be okay to cover up the tree's roots with topsoil to make the surface less bumpy?

—CATHERINE

A It's actually never a good idea to cover the surface roots of a large tree with soil, because they need air to breathe, just like you do. Soil will smother them. Instead, spread something that's more porous and lightweight over them, such as a few inches of pine bark mulch.

TEXT: STEVE BENDER; ILLUSTRATIONS: MICHAEL WITTE



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PLY YOUR PAPERWHITES

Q I would like to grow paperwhite narcissus indoors. Can you tell me what to do for the best results?

—NATALIE

A People love growing paperwhites because they bloom indoors in fall and winter without any soil or special treatment. You just nestle the ends of the bulbs into a container filled with an inch or so of gravel or glass beads, add water up to the bottoms of the bulbs, and place it in a sunny spot. BUT—one night you'll hear a tremendous crash and run downstairs armed with a badminton racquet in case

there's a burglar, only to discover that the dimmer indoor light and warmer inside temps have induced the flowers to grow so tall they've pulled over the container and smashed it on the floor. To prevent such a heart-stopping disaster, once the bulbs sport green shoots at the tips about 1 to 2 inches tall, replace the original water in the pot with a mixture of 1 part gin or vodka to 7 parts water. This results in paperwhites that are one-third shorter but three times happier. Bottoms up! 🍷



ASK THE GRUMP

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OCTOBER CHECKLIST

CULTIVATE KALE

Gardeners are gaga over kale right now, stoked by reports that this veggie is a nutritional cure-all. That's why a certain colleague I shall not name brings a disgusting green goop called a "kale smoothie" to staff meetings. While liquefied kale shall never pass my lips, kale is great for salads, steaming, soups, stir-fries, and stews. Plant some in your garden now. Either sow seeds or set out small plants from the garden center. Leaves will grow all fall and sweeten with frost. Pick the outer leaves when they get 5 to 6 inches tall and tender, and allow the inner ones to keep growing. The best part? If you live where winter temps don't



PLANT OF THE MONTH

SPIDER LILY

NATURE'S UNEXPECTED GIFT POPS UP
OVERNIGHT EACH FALL

Watch it! You almost stomped on a spider lily (*Lycoris radiata*)! We'll forgive your near transgression, though, because this remarkable flower wasn't underfoot yesterday. Stirred by a recent rain, the bulb's leafless stem rose silently from the ground while you slept. Soon it'll be crowned with blood red blooms sporting long, spidery stamens that give the plant its name. Spider lily bulbs multiply to form spreading clumps. Plant bulbs about 1 inch deep in well-drained soil anytime from spring until fall. Plants need sun only from late fall until spring, because that's the only time they have leaves. No summer water needed. A good source for spider lilies is southernbulbs.com.

drop below zero degrees, kale will survive the cold and provide you with many harvests come spring. Just don't count on it to fix your split ends.

PLANT SPRING BULBS

For the best selection of daffodils, crocus, tulips, and hyacinths, buy them now at garden centers or order online. Not next week. NOW. Not only is October a great planting month, but it's also when spring bulbs are most available. By November, the only ones left are picked-over duds. 🍷



GARDEN GADGET

Hummingbirds that migrated north for the summer are headed south. Jolts of energy from hummingbird feeders help them on long journeys. One we like is the Hummer High Rise Feeder from Cole's, \$19.95. It comes with a water moat that blocks ants from raiding the nectar. Order at birdwatchersupply.com.



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TIP: Unwind the grapevine wreath; the loops will add structure to your garland arrangement.

THE MATERIALS:

- 1 20" grapevine wreath
- 2 preserved bunches of protea or seed pods
- 1 bucket of fresh cut fall leaves on branches (if available)
- Obsession[®] Nandina
- Blush Pink[®] Nandina
- Flirt[®] Nandina
- 'Lemon Lime' Nandina
- Floral wire and clippers

GET THE LOOK:

southernlivingplants.com/fireplace-garland





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SCOTT SUCHMAN

T

THIS IS NATURE'S BIG show, folks. When the foliage is bright, the air is crisp, and the mood is ripe for exploring. From Alpine, Texas, to Cumberland, Maryland, these lofty towns get you to the heart of fall.

Alpine

TEXAS

There's West Texas, and then there's Far West Texas. Alpine is the latter. Sitting past the Pecos River and up against Big Bend National Park, this ranch town is about as Wild West as you get these days.

STAY: The historic **Holland Hotel** shares a pool with its sister property, The Maverick Inn. Rates from \$135; thehollandhoteltexas.com

EAT: When in the Lone Star State, you eat steak. At **Reata**, a steak house named for the ranch in the classic Texas film *Giant*, you can get beef from the owner's cattle ranch. Order the tenderloin with jalapeño-cheese grits. reata.net

SHOP: At **Kiowa Gallery** you'll find regional artwork, as well as far-flung delights including handmade Guatemalan table runners. 432/837-3067

DO: Explore **Big Bend National Park** on the 30-mile Ross Maxwell Scenic Drive for views from the edge of the Chisos Mountains and along the Rio Grande. nps.gov/bibe



Track foliage in North Carolina on blowingrock.com.



Ghosts are said to haunt rooms 208 and 209 at the Holland Hotel in Alpine.

Blowing Rock

NORTH CAROLINA

Named for the storied winds that flow northward through the Johns River Gorge, this picturesque town has a Main Street that brims with local shops and cafes, as well as bed-and-breakfasts tucked into the hills.

STAY: A bright, modern room at the **New Public House & Hotel** puts you in the walkable downtown and comes with free breakfast. Rates from \$159; thenewpublichouse.com
EAT: Reverend William Rutherford Savage opened the **Village Café** in 1907 as an art collective. Now the breakfast-and-lunch nook

serves the best sandwiches in town. We go for the Oven Roasted Rosemary Ham, served hot on Italian bread. thevillagecafe.com

SHOP: The store **Rustic** lives up to its name with furnishings built by local craftspeople who use reclaimed materials from surrounding mountains.
DO: Cruise south on the Blue Ridge Parkway toward the **Linn Cove Viaduct**, which snakes along the iconic Grandfather Mountain. grandfather.com

Blue Ridge

GEORGIA

Atlanta chefs and artists have retreated to this North Georgia town in the heart of the state's apple country for years, giving it a shot of upscale sophistication.

STAY: Cabin rentals are wallet

friendly for big groups, but if you want to stay in town, try the new **Cast and Blast Inn**, which occupies the second floor of the world-renowned Oyster Fine Bamboo Fly Rods shop. Rates from \$79; oysterbamboo.com

EAT: Chef Danny Mellman pulls from his own farm to create the menu for **Harvest on Main** (harvestonmain.com). His Lodge Kettle stew changes daily but is always loaded with veggies. At dusk, head over to **Fannin Brewing Company** (fanninbrewingcompany.com) for a Hivekicker Wheatwine, made with local sourwood honey and available only in September and October.

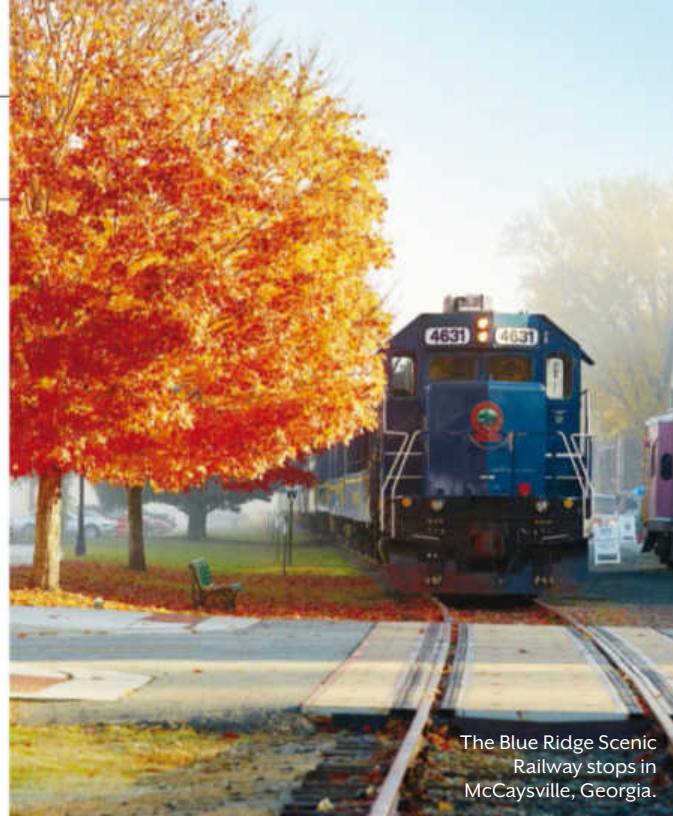
SHOP: Antiquing is a sport in Blue Ridge, and you'll find everything from vintage Coca-Cola coolers to working wagon carriages at **3 Monkeys Antiques and Auction House** (3monkeysantiques.com).

DO: Peep at fall foliage via a train car on the **Blue Ridge Scenic Railway's** (brscenic.com) four-hour trip through the mountains (\$50). Or hop on a tractor-pulled trailer to pick Pink Lady and Granny Smith apples at **Mercier Orchards** (mercier-orchards.com).

Bryson City

NORTH CAROLINA

A new generation of entrepreneurs has recently moved to this Great Smoky Mountain town, revamping vacant buildings into yoga studios, locally minded restaurants,



The Blue Ridge Scenic Railway stops in McCaysville, Georgia.

BELOW: Meat is smoked six hours for the pulled pork sandwich at Harvest on Main in Blue Ridge, Georgia.



The High Five Lodge in Blue Ridge, Georgia, sleeps 12. escapetoblueridge.com

and independent boutiques.

STAY: Snag a bed at **Woodland Lofts**—a group of small, modern cabins surrounding a communal fire pit. The cabins sit between Bryson

City and the Nantahala Gorge, offering quick access to the Appalachian Trail. Rates from \$216/night (two-night minimum); watershedcabins.com

EAT: **Cork & Bean** is known for its sweet and savory crepes. (We like the Chicken Pesto with fresh poultry from the nearby Springer Mountain Farms.) But on cooler days, the Andouille Sausage Gumbo

will warm your soul while you dine on the rooftop patio with a view of the Great Smokies. brysoncitycorkandbean.com

SHOP: **Humanité Boutique** sells ladies' clothing for less than \$100 and donates 10% of store profits to local and global charitable organizations, so you can gear up for sweater weather without a stitch of guilt. shophumanite.com

Antiquing is a sport in Blue Ridge, and you'll find everything from vintage Coca-Cola coolers to working wagon carriages.



Bryson City's walkable downtown sits next to the Tuckasegee River.

DO: Snap the best photograph at **Clingmans Dome** along the **Great Smoky Mountains National Park's** 32-mile **Newfound Gap Road**. Trust us—it's worth the drive. nps.gov/grsm

Cumberland

MARYLAND

Even without its pretty Appalachian backdrop, Cumberland would still be a gorgeous town, thanks to its skyline of church steeples that were built in the 1800s to serve the influx of people funneling through the quaint town during the westward expansion.

STAY: Don't let the simplicity of the **Bruce House Inn's** Federal-style building fool you: The George Washington Room has plenty of drama with a claw-foot tub and views of the churches, which light



ABOVE: Cork & Bean in Bryson City is popular for its innovative crepes made with regional ingredients.

up at night. Rates from \$115; brucehouseinn.com

EAT: While **City Lights American Grill** is considered fine dining, you won't feel one bit out of place in a casual getup. The best seat in the house is on the patio with a Maryland crab cake. citylightsamericangrill.com

SHOP: Visit **Buttercup Boutique** for bath products from Texas' FarmHouse Fresh and a pair of sandals with

interchangeable clips by Florida native Lindsay Phillips. 301/707-0369

DO: Take a **self-guided walking tour** with audio podcasts that dive into the city's past—from George Washington's sleeping quarters to the beginnings of the country's first interstate. cumberlandhistorytours.com

Fayetteville

WEST VIRGINIA

A former coal mining town, Fayetteville is now a hub for outdoor adventure, thanks to its proximity to the New

River Gorge—one of the deepest canyons east of the Mississippi River.

STAY: At **Adventures on the Gorge**, a resort on the rim of the canyon with hiking trails and a treetop canopy course, cabins come with hot tubs and grills. Rates from \$195; adventuresonthegorge.com

EAT: Located inside a discreet house, the **Secret Sandwich Society** doles out burgers and sandwiches named after Presidents and First Ladies. Try the McKinley, made with meatloaf and bacon jam. secretsandwichsociety.com

SHOP: Forget designer



Check out fall foliage on the Great Smoky Mountains Railroad. gsmr.com

Even without its pretty Appalachian backdrop, Cumberland would still be a gorgeous town, thanks to its skyline of church steeples.



ABOVE: West Virginia's New River Gorge shows off the best of Appalachia's color in October.

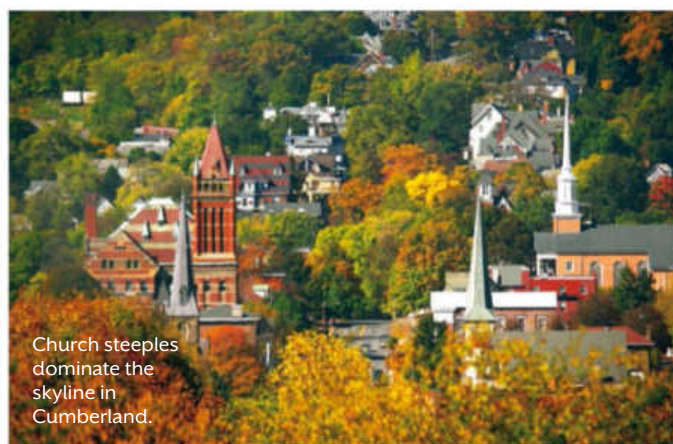
On Friday nights, the Floyd Country Store transforms into a dance hall.

boutiques; Fayetteville doesn't have them. Instead, stock up on sporty Mary Janes from Astral and practical yet casually stylish jackets and pants from brands like Patagonia and The North Face at **Water Stone Outdoors**. waterstoneoutdoors.com

DO: Walk the belly of the **New River Gorge Bridge** on a guided hike that takes you across the underside of the structure via a stable catwalk (\$69). Tours are offered from 9 a.m. to 4 p.m. daily. bridgewalk.com

Floyd VIRGINIA

This one-stoplight town's musical roots date back to almost 300 years ago, when a diverse group of settlers came to the area and helped create the "old-time" sound that



Church steeples dominate the skyline in Cumberland.

would evolve into country music. These days, the best musical gatherings happen every week at the Floyd Country Store's **Friday Night Jamboree**. floydcountrystore.com
STAY: The furniture in each room at the eco-friendly **Hotel Floyd** is made by two local woodworkers. And you

can't beat the location: It's just a short stroll from downtown. Rates from \$90; hotelfloyd.com
EAT: **Dogtown Roadhouse** is known for its wood-fire pizzas, which capitalize on local and organic ingredients scattered over naturally leavened dough. Order

The White pizza and a Blue Mountain Lager. dogtownroadhouse.com

SHOP: **County Sales** has the largest collection of bluegrass in the world, with more than 3,000 vinyl records by artists like Earl Scruggs and Lester Flatt. countysales.com

BEST FALL VIEW: Head to **Foggy Ridge Cider**, about 20 minutes away in rural Dugspur, Virginia, where the lovely Diane Flynt will introduce you to what real cider is, on her apple tree-dotted cidery and farm. foggyridgecider.com

Hot Springs ARKANSAS

The town of Hot Springs was built on the notion of relaxation—it's located atop several natural thermal springs. Its spa qualities helped Hot Springs maintain growth during the Depression, when many of its Art Deco buildings were built.
STAY: Book the Sycamore Suite in the **Hilltop Manor**, a Craftsman estate-turned-inn, for the massive hot tub and fireplace. Rates from \$170; hilltopmanorhotsprings.com
EAT: Ribs have been the ticket at **McClard's** ever since it

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opened in the 1920s. Try the Ribs and Fry and you'll see why this was Bill Clinton's favorite 'cue when he lived in Arkansas (mcclards.com). End the day with a beer at the **Superior Bathhouse** (superiorbathhouse.com), where brewers use water from the springs.

SHOP: Peruse **Tillman's Antiques**, downtown on Central Avenue, for vintage jewelry and reproductions, like a replica of Jackie Kennedy's engagement bracelet. 501/624-4083

DO: The historic **Quapaw Baths & Spa** recently underwent a \$2 million renovation, making it one of the most deluxe spa settings on Bathhouse Row. Book The Mountain Dream treatment, which includes a hot stone alignment and facial for \$105. quapawbaths.com

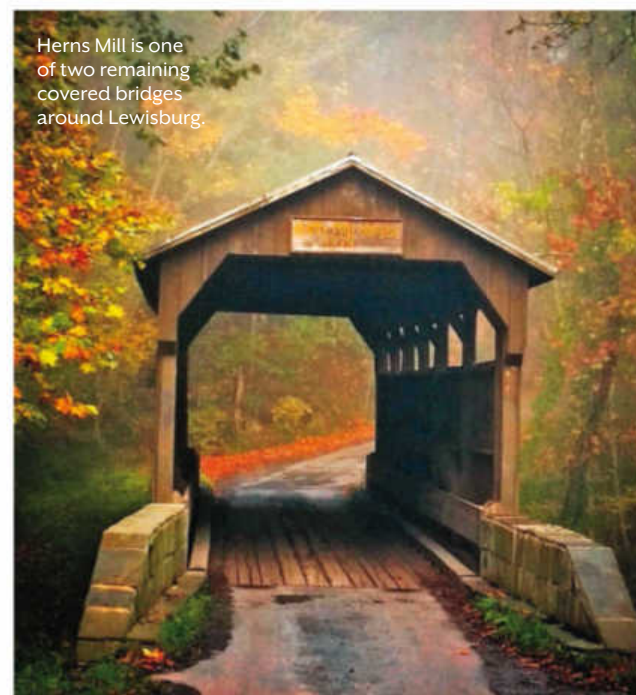
Lewisburg

WEST VIRGINIA

Back-to-the-landers flocked to this stretch of West Virginia near the Greenbrier Hotel in the 1970s. Lewisburg is one of the most culturally diverse areas in the South with a rich music scene (it is home to one of four active Carnegie Halls in the world), tons of art galleries lining the main thoroughfare, and a plethora of outdoor adventures.

STAY: When new owners took over the historic **General Lewis Inn** last year, they kept the original cozy grandma's-house appeal but added a bar where you can pick up a cocktail to enjoy while sitting on the porch. Rates from \$110; generallewisinn.com

EAT: Lewisburg sticks to its



Herns Mill is one of two remaining covered bridges around Lewisburg.

agricultural roots with restaurants serving dishes that showcase the natural bounty of the Greenbrier Valley. Snag a table by the fire at **Stella's**, and order anything with polenta, made from cornmeal ground at the local Reed's Mill. stellaswv.com

SHOP: **Harmony Ridge Gallery** spans 5,000 square feet with crafts, art, and furniture made by American artists. It's not unusual to find locals mingling around the gallery's wine bar in the late afternoon. harmonyridgegallery.com

DO: Rent a bike at **Hill & Holler** (hillandhollerbikes.com) to see fall leaves from the **Greenbrier River Trail**, which meanders along the water for a full



ABOVE: Lewisburg's Stardust Cafe. We suggest the toffee pudding cake. stardustcafewv.com

78 miles. The closest access point from Lewisburg is at the North Caldwell trailhead. greenbrierrailtrailstatepark.com

Sewanee TENNESSEE

It's hard to tell where Sewanee ends and The

University of the South begins. The Mayberry-like town and higher institution blend seamlessly on top of the Cumberland Plateau on an expansive campus simply called The Domain.

STAY: The **Sewanee Inn** matches the school's Gothic architecture with 43 boutique rooms that overlook the campus. Rates from \$149; sewanee-inn.com

EAT: **Shenanigans** (931/598-5774) is an institution—the restaurant closed in 2012, but locals raised over \$33,000 in early 2014 to see their beloved establishment serve up fried mushrooms and cold beer once again. Visit **IvyWild** for a more upscale meal, and try

the gourmet Chicken and Waffles. ivywildsewanee.com
SHOP: Picking up a Sewanee Angel to guard you when you leave campus is a must for students and visitors alike. We like the small pewter ones found at **The Lemon Fair**, where the tradition began more than 40 years ago. thelemonfair.com

DO: During a home game, watch the **Sewanee Tigers** play at Hardee-McGee Field at Harris Stadium, the oldest football field in the South (sewaneetigers.com). Later, hike an easy piece of the 50-mile Perimeter Trail, and take in the broad view of the valley below from the bluff-top Memorial Cross. 📍



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+ barony tavern

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A jewel box city that looks like it has been painted in watercolor, Charleston, South Carolina, is a visual feast of cobblestone streets, pastel colored homes, flickering carriage lanterns, and historic landmarks.

Travelers love Charleston, where church steeples not skyscrapers dot the skyline. Life is accompanied by a gentle rustling of palmetto fronds and lyrical sea island accents. Every meal is savored and no one is a stranger for long.

This fall, take a roadtrip to Charleston and let this special destination enliven your senses.

“The food scene in this iconic city keeps getting better; you could stay for a week and still not discover all the great meals.” — *Southern Living*

WANDER When colonists settled Charleston in 1680, an urban development plan called the Grand Modell established an orderly grid of streets, which makes it fun to wander and difficult to get lost amid the charming streets lined with boutiques, galleries, and restaurants.



TREASURE HUNT

A growing number of talented entrepreneurs are drawing inspiration from Charleston's sunny weather and pastel homes for their jewelry, clothing, cocktail, and home decor collections. Discover these fresh products and brands at pinterest.com/explorechs.



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Charleston
SOUTH CAROLINA

Cooking for My Family

Chef John Besh on simple, soulful at-home meals

New Orleans chef John Besh is making a batch of his mama's seafood gumbo, dropping in smoked pork, sausage, and blue crab he picks from the bayou behind his house. It's a special dish, and the one he prepares for his annual tailgate party at LSU. Besh owns 12 restaurants—10 in or around New Orleans, one in Baltimore, and another in San Antonio. He's also written four cookbooks, including *Besh Big Easy: 101 Home Cooked New Orleans Recipes*—out September 29. In New Orleans, Besh is a hero. He helped feed bereaved folks after Katrina and has made it his mission to preserve the city's culinary history, one pot of jambalaya at a time. But in his new cookbook, he trades the meticulous technique of a professional kitchen for a more streamlined approach to food—the kind his mother and grandmother used to cook.

He talks of his wife, Jenifer, their four boys, and the daily meals that have become more precious to him over the years. "It all starts at the family table," he explains.

Besh didn't set out in search of fame. He took to the kitchen as a boy to help care for his father, Ted, a former pilot who was

paralyzed by a drunk driver. He wanted to be able to make his dad breakfast. "My Dad was my hero," he says. "He came back from what

happened to him, started another career, and cared for his family. That's who I try to emulate."

Ted Besh died in 2014, but

Dinnertime!

Find recipes like this meatloaf in Besh's new cookbook, due out September 29.



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Ha Ha Tonka State Park, Camdenon

John keeps his dad close to his heart. And he talks to his mom, Imelda, every day. Losing his father last year and his sister Kathleen (in 2006) changed him, he says—and made him reconsider his priorities. With his oldest son in college at Notre Dame and three others, aged 10 to 14, growing up quickly, making the time to cook for his family, for them all to be present, has taken on a whole new meaning.

“We have a strict no-phone rule at the table,” he says. “Even when we gather to enjoy simple meals, we’re going to look at each other.”

When Besh was growing up, his father would take him out to eat at Mandina’s Restaurant on Canal before football games. It was a pregame tradition they followed religiously before heading to Tulane Stadium to cheer for the Saints. Now, apart from the annual party at LSU he hosts for longtime friends, tailgating at home in Slidell (40 minutes north of New Orleans) is much more his speed.

The menu remains fairly consistent. “With jambalaya, you can easily make enough to serve 50 to 100 people,” he says. “And with gumbo and étouffée, you can get a head start by prepping the broth in advance, adding oysters and shrimp later.” He serves the food family style in his huge open kitchen, encouraging his guests to stir the pot between plays.

Nothing formal here. Just good food and football. “Tailgating is one way we share love with one another, regardless of the team. But I sure hope LSU wins.” 🍷



CREOLE SEAFOOD JAMBALAYA

“My family has been making a version of this dish for generations.” —chef John Besh

- 1/2 lb. bacon, diced
- 1 lb. fresh pork sausage, casings removed
- 1/2 lb. andouille sausage, diced
- 3 Tbsp. lard
- 4 skinned and boned chicken thighs, cut into 1-inch cubes
- Kosher salt
- Freshly ground black pepper
- 1 large onion, diced
- 1 bell pepper, diced
- 3 celery ribs, diced
- 3 garlic cloves, minced
- 2 cups converted white rice
- 1 tsp. dried thyme
- 2 bay leaves
- 1 1/2 Tbsp. pimentón de la Vera or smoked paprika
- 1 tsp. ground red pepper
- 1 Tbsp. celery salt
- 1 cup canned crushed tomatoes
- 2 cups basic chicken stock
- 1 1/2 lb. raw Louisiana white shrimp or other wild American shrimp, peeled and deveined
- 1 bunch green onions, chopped

1. Heat a large Dutch oven over high heat until hot, and then reduce heat to medium. (This will allow the heat to be uniform all over, preventing those little hot spots that are likely to burn.) Cook bacon, sausages, and lard in the hot pot, stirring slowly with a long wooden spoon, for 10 minutes. Season chicken thighs with kosher salt and black pepper. Add the chicken to pot, and cook, stirring often, 5 minutes or until chicken is brown.

2. Increase heat to medium-high. Add onion to pot, and cook about 15 minutes or until soft. Add bell pepper, celery, and garlic, and cook 5 minutes. Continue stirring occasionally so everything in the pot cooks evenly.

3. Add rice, thyme, bay leaves, pimentón, red pepper, and celery salt to pot, and cook, stirring often, 3 minutes. Increase heat to high, and add tomatoes and chicken stock. Bring to a boil. Reduce heat to medium-low; cover pot, and simmer 15 minutes.

4. After the rice has simmered for 15 minutes, fold in the shrimp and green onions. Turn off the heat, and let everything continue to cook in the hot covered pot 10 more minutes. Remove the lid, fluff the jambalaya, and serve.

MAKES 6 to 8 servings. **HANDS-ON** 1 hour, 20 min.; **TOTAL** 1 hour, 45 min.

Ruby Tuesday



Hickory
Bourbon-Glazed
Pork Chop



Hickory Bourbon
Salmon



CREATE YOUR OWN GARDEN BAR

Make your very own salad sensation. Spring mix, fresh garden greens, crisp vegetables, premium cheeses and toppings, our famous croutons, and a variety of dressings.



FREE APPETIZER Join SoConnected to receive a **FREE Appetizer** when you join and a **FREE Burger** for your birthday, plus exclusive news and offers! To join, scan the code with your smartphone or visit rubytuesday.com

*Free appetizer (up to \$10) with the purchase of an adult entrée. Must be a SoConnected member to receive offers.





ONE-OF-A-KIND TERRAIN

Created long ago by grazing bison, expansive grasslands bordered by hardwood forests form a unique ecosystem called a woodland pasture—perfect for raising horses.



RED LEAVES AND BLUEGRASS

*A DAY TRIP THROUGH KENTUCKY'S HORSE COUNTRY IN
AUTUMN OFFERS A JOYOUS RIDE FOR BODY AND SOUL—PLUS
HISTORY LESSONS, PHOTO OPS, AND TOP-NOTCH BARBECUE*

PHOTOGRAPHS BY BILL PHELPS

BY STEVE BENDER & KAYLEE HAMMONDS

AFTERNOON ROMP

*Young Thoroughbreds stride into the fading light at Airdrie Stud,
one of more than 400 horse farms that dot Kentucky's Bluegrass region.*

Few

rambles feed the spirit so sweetly as an unhurried fall drive past the farms surrounding Lexington, Kentucky. Above you rises blue sky. Below you unfolds emerald pasture. In the space between, pockets of hardwoods radiate leaves of scarlet, orange, and gold. The linchpin of the experience now appears on the canvas. Troops of young horses flow over the grassland in waves of careless exuberance.

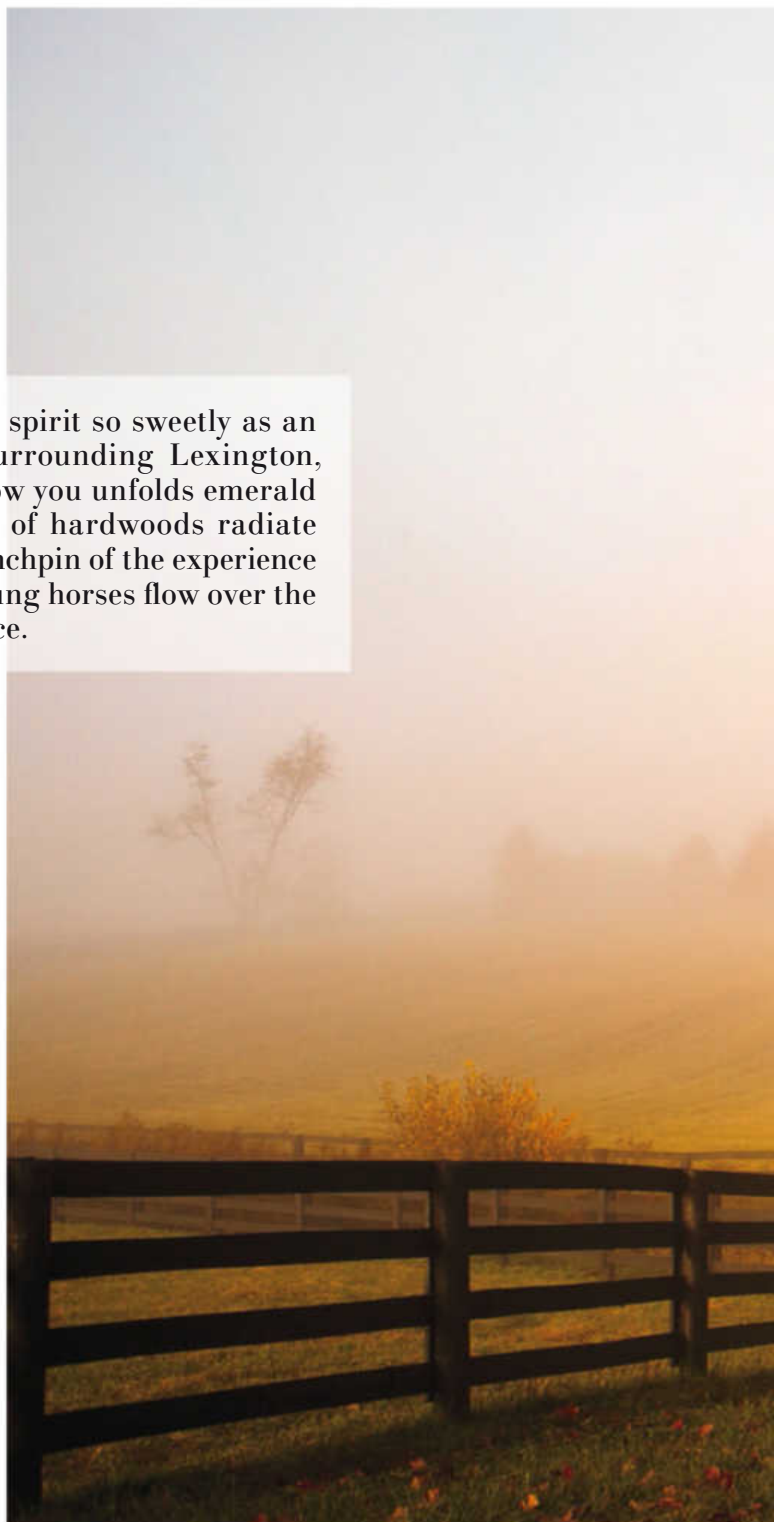
Lexington calls itself the Horse Capital of the World. It's true—more money changes hands here buying and selling horses than anywhere else on the planet. But horses aren't native to Kentucky, so the question naturally arises—what makes this lovely spot so perfect for equines? The soil? The climate? The grass? The topography? The answer: all of the above.

The Bluegrass region surrounding Lexington is one of the rarest ecosystems in the country, something called a woodland pasture. Almost half a billion years ago, trilobites, brachiopods, corals, clams, and snails lived in an inland sea that inundated what is now Fayette County, Kentucky, and the city of Lexington. As these creatures died and drifted to the seafloor, calcium in their shells formed a limestone layer up to 320 feet thick.

Eventually, the sea drew away and the land lifted. Streams flowing from the hills laid silt and clay upon the limestone. Water percolating through the soil and limestone leached out calcium, a vital nutrient for both plants and animals, and carried it across the countryside. Pasture grasses and trees took full advantage, splaying out into vast meadows interspersed with woodlands. Lush grass together with shade from the trees proved a winning combination for livestock.

In Lexington, says sixth-generation horseman Price Bell of Mill Ridge Farm, horse owners found countryside blessed with every advantage they could wish for. Calcium-rich grass and undulating hills built strong leg bones. Abundant rainfall and long summers allowed pastures to grow without irrigation.

If you revel in autumn splendor, a drive through Lexington's horse country during peak fall color (typically, late October) should slake your thirst. We've chosen three driving tours, each offering a variety of stops.





DAWN'S EARLY LIGHT

A red maple crackles with flame as it catches the sun's first rays, while, in the distance, silhouettes of trees appear through the fog.



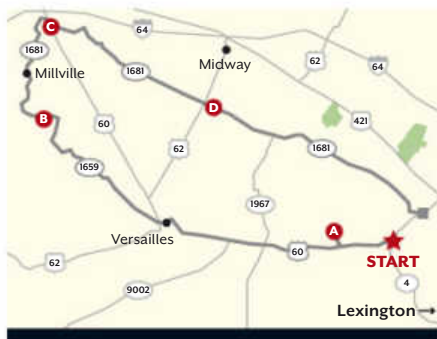
TUNNEL OF GOLD

Beloved for their fall colors, rounded forms, and long lives, sugar maples are favorite trees for lining the quiet lanes and turnpikes of horse country.



THREE BEAUTIFUL DRIVES

EACH ROUTE OFFERS SCENIC VISTAS, A LITTLE HISTORY, AND A GREAT PLACE TO STOP FOR LUNCH



DRIVE No. 1 FOR THE BOURBON LOVER

MILEAGE

40 miles, about an hour

VISIT A RACETRACK

Keeneland [A] was founded in 1936 as one of the only nonprofit racetracks in the world. In April and October, races are held nearly every day. No time to stop? Keeneland was the first racetrack in the country to offer drive-through betting. keeneland.com

TOUR A DISTILLERY

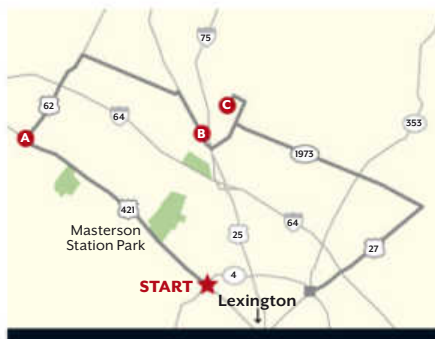
Breathe the rare, bourbon-infused air inside the only 100%-limestone warehouse still in use in Kentucky at Woodford Reserve [B], a distillery built in 1838. woodfordreserve.com

HAVE A SNEAK PEEK

See the future of bourbon on State 1681 (Old Frankfort Pike) about 4 miles past Woodford Reserve. There, you'll come upon the Old Taylor Distillery [C], an 1880s building that's been revived into a working distillery. Just down the road, you can take a gander at the Old Crow Distillery, also under new ownership.

STOP FOR LUNCH

Local chef Ouita Michel has built a mini empire of restaurants between Lexington and the town of Midway. At her popular spot Wallace Station [D] in Versailles, sandwiches come served on bread made with locally milled flour, and the Wallace Cubano is piled with pulled pork, slathered in house-made bourbon mustard, and melted until tender. wallacestation.com



DRIVE No. 2 FOR THE HORSE FANATIC

MILEAGE

30 miles, about 55 minutes

SCOUT THE TALENT

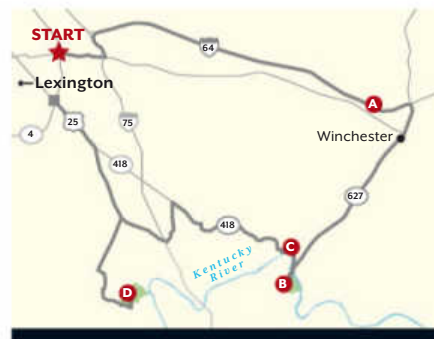
U.S. 421 offers breathtaking views of horse pastures on both sides of the road [A]. Visiting the farms can be difficult, but recently, the horse community and local farms have started a nonprofit to give tourists in-depth tours. kentuckyhorsecountry.org

STOP FOR LUNCH

The Double Smoked Brisket laced with Kentucky Small Batch sauce is the way to go at Red State BBQ [B] in Lexington, so called because, as the original owner noted, the best barbecue always comes from "red" states. Creamy, cool coleslaw, well-dosed with black pepper, makes a fitting foil for the smoky-fat brisket. The corn muffins are almost as sweet as the tea; both are perfect. And the house-made peach bread pudding comes topped with rich, dreamy Bourbon Vanilla ice cream from local favorite Sav's Chill. redstatebbq.com

RIDE A HORSE

The Kentucky Horse Park [C] in Lexington offers a variety of activities: The American Saddlebred Museum, the International Museum of the Horse (an outpost of the Smithsonian), and daily horse and pony rides make this equine theme park worth the visit. You can also pick up a small sterling charm of Secretariat in the gift shop. kyhorsepark.com



DRIVE No. 3 FOR THE NATURE BUFF

MILEAGE

55 miles, about an hour and a half

SIP THE LOCAL SODA

The small, charming town of Winchester is the home of regional favorite Ale-8-One soda [A], a refreshing mix of ginger and citrus. Pick up a few glass bottles at the factory store. ale8one.com

GO FISHING

Spend a tranquil hour fishing in the Kentucky River at Fort Boonesborough State Park [B] (outside Richmond). There, you can also see a re-creation of the fort that was founded here by Daniel Boone in 1775. parks.ky.gov

STOP FOR LUNCH

Try the beer cheese—a salty, spicy Kentucky specialty—on the waterfront patio at Hall's on the River [C]. The heat of the cheese varies from day to day; Ms. Jean Bell, who's been at Hall's for 49 years, makes it, and the staff swears you can tell her mood by the spice level. Also taste the deep-fried banana peppers, which beg to be dipped in a cool cloud of ketchup. hallsontheriver.com

A NATURE PRESERVE

Lexington's 734-acre Raven Run Nature Sanctuary [D] is home to hundreds of species of plants and animals—from bluebirds to butterflies—and over 10 miles of walking trails. Enjoy fall foliage and spot remnants of 19th-century settler life, like the foundations of an old mill and lime kiln. ravenrun.org

MAKE IT A MOVIE NIGHT

Picture this: Summer's heat has finally faded, and you're celebrating the first crisp, clear night of fall tucked beneath a blanket of stars.

Our homespun movie night combines enchanting details—a favorite film, hay bales stacked for lounging, snacks handpicked for munching—and old-fashioned fun for both children and adults.

Here's how to set the stage in your own backyard



by **PATRICIA SHANNON**
photographs by **ALISON MIKSCH**
styling by **BUFFY HARGETT MILLER**

BIG PICTURE

A 10-minute DIY screen is a breeze to set up and store for next time. *Page 103*

TWINKLING LIGHTS

Turn Mason jars into charming lanterns. *Page 105*

EXTRA SEATING

Hay bales make the ideal outdoor sofa. *Page 102*

TRANSFORM YOUR PICKUP TRUCK

Give guests a few comfortable seating options. Turn your pickup into a cozy flatbed by piling on twin air mattresses, thrifty mismatched linens, and a few large pillows. Add a blanket for when the temperature starts to dip. Create other lounge areas by setting up lawn chairs, spreading out blankets, or putting hay bales to work.



How To Make a Hay Bale Sofa

Form the base by laying down four bales horizontally in a straight line. Make a backrest by stacking two bales side by side on the back portion of the base. Drape with thick throws or fabric to keep straw from poking through.

WHAT YOU'LL NEED

6 Wheat Straw Bales (\$5.97/
bale; homedepot.com)

Assorted blankets

EDITORS'
FAVORITE FLICKS

Set-in-the-South films on our must-see (again and again) list

FRIED GREEN TOMATOES

1991

"My favorite line is, 'Face it, girls. I'm older and have more insurance.' I can relate to Kathy Bates' character, Evelyn Crouch, because I get bolder as I get older."

—Nellah Bailey
McGough, Office Manager

GIANT

1956

"Two Southern cultures clash in this Texas-based epic. Make sure you have plenty of popcorn—it's a whopping 201 minutes but worth the watch time."

—Pat York, Editorial Assistant

FORREST GUMP

1994

"Learn about life, love, and a thousand different ways to prepare shrimp in this fantastically quotable Tom Hanks classic."

—Travis Andrews,
Associate Editor

SWEET HOME ALABAMA

2002

"That swoon-worthy proposal inside Tiffany & Co. is great, but what gets me every time is the real love story between Melanie and her true Southern roots."

—Brennan Long,
Assistant Editor



WHAT YOU'LL NEED

8- by 10-foot heavy-duty tarp

Drill

4 cup hooks

Projector

Projector Rental

Rent a projector with a built-in DVD player and speakers through a national audiovisual company like ATS Rentals (atsrentals.com), who ships anywhere in the continental U.S. and includes prepaid UPS labels to make returns a breeze. Standard projector rentals start at \$58, but we like the DVD Movie Projector Kit Rental, which includes a projector, speaker, and DVD player. An \$84 base rate*

on weekend rentals (Friday to Monday) is the best bang for your buck. *Southern Living* Insiders receive 15% off orders at atsrentals.com through November 1. (See how to become a *Southern Living* Insider at slinsider.com.)

TIP: You may also be able to rent or borrow equipment through your local library, church, or university.

SET UP THE BIG SCREEN

Creating a movie screen is as simple as fastening a canvas tarp to a large, flat surface, like the side of a house or barn. The trick is pulling all four corners taut to eliminate any wrinkles in the fabric.

1. Predrill holes.

Measure the distance between the grommets in each corner of the tarp, and then drill holes into the flat surface at those distances. Screw in both top hooks but

only one lower hook for now.

2. Hang up the tarp.

The easiest way is to secure the top two grommets first. Once the top is hung, loop one of the bottom grommets through a hook.

3. Add final hook.

Loop the last hook around the remaining bottom corner of tarp. Screw the hook into the last predrilled hole.

TIP: For an 8- by 10-foot screen, position the projector about 8 feet from the screen at a 90-degree angle.

BE A
GOOD
NEIGHBOR

Not sure if your neighbors will appreciate your outdoor party? Invite them over! They won't be bothered by the after-hours noise if they're joining in on the fun.

TRY 2 TWISTS ON POPCORN

Upgrade a classic concession-stand snack with fancy flavors.

SMOKY BARBECUE POPCORN

- 6 Tbsp. butter
- 1 tsp. Worcestershire sauce
- 1 Tbsp. sugar
- 2 tsp. smoked paprika
- 2 tsp. chili powder
- 2 tsp. garlic powder
- 2 tsp. kosher salt
- 15 cups popped popcorn (from about $\frac{3}{4}$ cup kernels)

Melt butter in a small saucepan over medium heat. Remove from heat, and stir in Worcestershire sauce. Stir together sugar and next 4 ingredients in a small bowl. Slowly drizzle butter mixture over popcorn, gently stirring as you drizzle. Sprinkle with spice mixture, gently stirring to coat.

MAKES 15 cups.
HANDS-ON 15 min.
TOTAL 15 min.

CARAMEL-PEANUT-POPCORN SNACK MIX

See the recipe for our sweet and salty mix on page 138.



CARAMEL-PEANUT-POPCORN SNACK MIX

HEARTWARMING CIDER

SMOKY BARBECUE POPCORN

SERVE SCRUMPTIOUS SNACKS



Spiced with the right ingredients—ground ginger, allspice, nutmeg—this classic fall drink is transformed into a festive treat. Optional: Serve with rum. Bring 1 gal. apple cider, $\frac{1}{3}$ cup sorghum syrup, $\frac{3}{4}$ cup fresh lemon juice, 4 (3-inch) cinnamon sticks, $1\frac{1}{2}$ tsp. ground allspice, 1 tsp. ground ginger, and $\frac{1}{2}$ tsp. ground nutmeg to a boil in a Dutch oven over high heat; reduce heat to medium, and simmer, stirring occasionally, 15 minutes. Remove cinnamon sticks. Serve hot.

MAKES 17 cups. **HANDS-ON** 5 min., **TOTAL** 25 min.

CREATE LANTERNS OUT OF MASON JARS

Make over simple jars with an idea that will add just the right amount of dazzle to your outdoor ambience: For a glow strong enough to hold its own against the twilight, use one 20-bulb strand of battery-operated lights in each jar. (A 10-bulb strand might be adequate, though, and costs less.) Lights and jars are available from walmart.com.

2. Cut a piece of rope long enough to suspend the lantern at the desired height. Tie each end to the rope around the mouth of the jar. Give it a little tug to make sure the knots hold.

3. Place a lit strand of lights into the jar. Double up on strands if you want a brighter glow.

4. Hang a grouping of jars from a hook, or suspend them from tree limbs or posts.

1. Wrap rope around the mouth of the jar three times. Firmly knot the ends together.

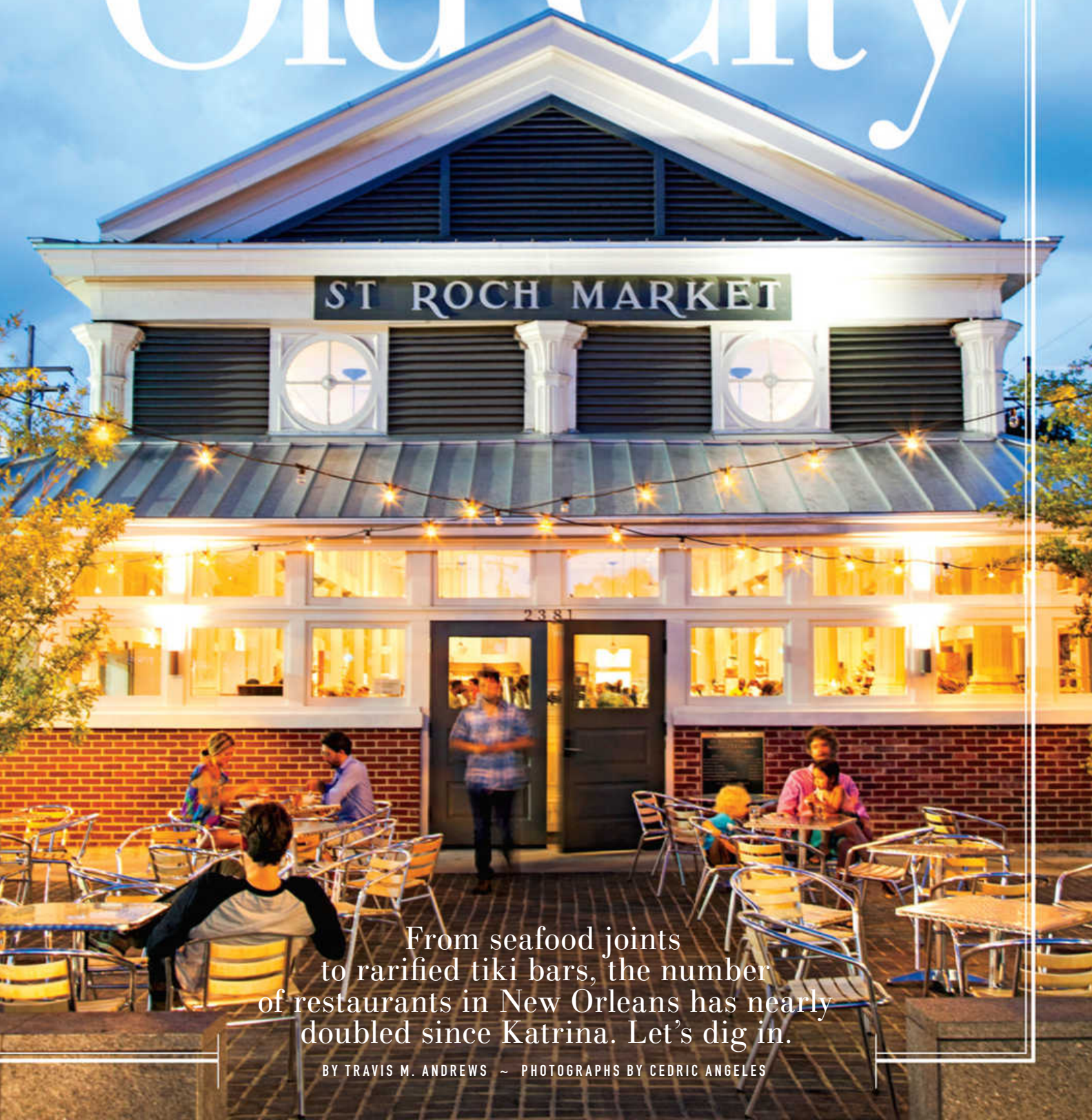
WHAT YOU'LL NEED

- #28 natural jute rope
- 10 Mason jars (a combination of pints and quarts)
- Battery-operated string lights
- Small cup hooks

The bamboo- and banana leaf-dotted interior of tiki bar Latitude 29. Opposite: The reimagined St. Roch Market



New Face of An Old City



From seafood joints
to rarified tiki bars, the number
of restaurants in New Orleans has nearly
doubled since Katrina. Let's dig in.

BY TRAVIS M. ANDREWS ~ PHOTOGRAPHS BY CEDRIC ANGELES

On APRIL 10, 2015,

the 140-year-old St. Roch Market reopened after sitting empty for 10 years. Back in the 1960s, the market was a bustling center of commerce for the working-class St. Roch neighborhood, acting as both a small grocer and lunch counter. But as the middle class moved out to the suburbs, the number of vendors slowly dwindled down to one run-down Chinese restaurant that sometimes served po'boys. Then Katrina swept through, leaving the building abandoned, its walls moldy, and its cast-iron interior columns stained with rust. No food. No people.

Today, thanks to \$3.6 million of FEMA funding for the market alone, the space bustles once more.

On opening day, I walk between metal tables on a brick patio and through the market's front doors facing St. Claude Avenue—the thoroughfare splitting the Bywater and St. Roch neighborhoods. Inside are two white quartz counters over 100 feet long and 15 different stalls serving Cajun, Korean, and even Nigerian food. I pick up a pour-over coffee at Coast Roast Coffee and wander around, dodging grandparents and hipsters, tattooed artists and polo-clad Tulane students, blacks and whites, and locals and tourists gathered around the communal tables. I hear English, German, Spanish, and French.

This market is just one example of the new New Orleans.

Katrina wiped out much of the city's infrastructure and population 10 years ago, and since then countless man-hours have gone into saving it from being a modern Atlantis. But New Orleanians aren't just rebuilding their city; they're expanding it. Before the storm, the Big Easy housed less than 850 different restaurants. Now, that number approaches 1,500.

While Creole roots still influence everything from music to art to food, the city is embracing even more diverse tastes. One of the hottest new restaurants in town, the John Besh-backed Shaya, features Israeli lamb kabobs, house-made Baba Ganoush, and five different types of hummus.

There's progress, but prized customs remain intact. Dive bars and Besh restaurants alike still serve red beans and rice on Mondays. (It's tradition.) And brass bands still play on the corner of Frenchmen and Chartres streets on Saturday nights. Proud sons still take their mothers to the Windsor Court Hotel for afternoon tea—walking past the tower of freshly cut roses in the lobby to Le Salon for cucumber sandwiches and black currant-and-walnut scones. But now they can also sip wine and listen to live jazz while sitting in the backyard courtyard of Bacchanal Wine in the Ninth Ward.

We'll all continue dancing at funerals and taking our cocktails in to-go cups because our city remains a celebration of life.

Now, it simply includes more life than ever before.

dipping. 640 Carondelet Street; balisenola.com

Shaya

Alon Shaya opened this restaurant with his mentor, chef John Besh, in February and serves food inspired by his native country, Israel. A wood-fire oven toasts the pitas, and a trio of decadent dips—including paddle-fish caviar—costs just \$15. 4213 Magazine Street; shayarestaurant.com

Sac-a-lait

Following the success of Hot Tails, their Cajun restaurant in New Roads, Louisiana, husband-and-wife duo Cody and Sam Carroll moved to New Orleans to open Sac-a-lait. Try the gumbo with alligator sausage and frog legs or the chargrilled oysters kicked up with bacon and jalapeños. 1051 Annunciation Street; sac-a-laitrestaurant.com

EAT

Balise

La Balize, the name of Louisiana's first French fort, translates as "seamark." And true to form, the cold bar here stands out. You can't go wrong with its fresh blue crabs, oysters, raw wahoo with fermented chile peppers, or beef tartare served with a dill horseradish for



Stuffed eggplant at Shaya

A photograph of the Chanteclair Room at Brennan's restaurant. The room features a high ceiling with a green and white geometric lattice pattern. Large, ornate chandeliers with green shades and tassels hang from the ceiling. The walls are decorated with green and white lattice and feature arched murals depicting 19th-century scenes. The floor is a black and white checkered tile. In the foreground, there are tables with white tablecloths, set with silverware and glassware. Red upholstered chairs with green mesh backs are arranged around the tables. Several people are seated at the tables, and a waiter in a white shirt and dark vest is walking through the room. The overall atmosphere is elegant and historic.

The Chanteclair Room at Brennan's is covered with fanciful lattice and vibrant 19th-century murals.



Tastes of the city:
oysters at Balise and
Sucré's *macarons*.
The outdoor scenes
are from historic
Jackson Square.



Brennan's

At Brennan's, housed in a French Quarter mansion that dates back to 1795, servers in bow ties flambé their famous bananas Foster tableside, and dining rooms feature ornate trelliswork, pineapple wallpaper, and bird-cage chandeliers. The restaurant recently reopened after a protracted legal battle over ownership and hired a new chef to update the menu with dishes such as New Orleans BBQ Lobster baked in butter and spices, a rich take on a local delicacy typically made with shrimp. 417 Royal Street; brennans.neworleans.com

Red's Chinese

This contemporary Chinese restaurant stirs in delightfully Southern twists: Red's laces its soy sauce with bourbon and fills ragoons with cream cheese and crawfish instead of crab. 3048 St. Claude Avenue; redschinese.com

Continental Provisions

Located inside the French Market, Continental Provisions offers sandwiches with house-made pâté and pickles or artisanal meats and cheeses—all served on baguettes from local favorite Bellegarde Bakery. 1100 North Peters Street, Stall 23; facebook.com/continentalprov

Salon by Sucré

Just above the French Quarter location of

Sucré—the bakery known for its airy, pastel macarons—the six-month-old Salon by Sucré serves bite-size cheeseburgers along with molten chocolate soufflés. 622 Conti Street; shopsucre.com

DRINK

Beachbum Berry's Latitude 29

Jeff "Beachbum" Berry spent years researching his way to becoming a world-renowned tiki expert. Opening a bar—decorated with carved wooden masks and grass cloth on the ceilings—was the logical next step. Order a Mai Tai, a Zombie, or a Latitude 29—the bar's signature cocktail with passion fruit puree, rum, and house-made Madagascar vanilla syrup. Just be careful: The drinks are just as strong as they are sweet. 321 North Peters Street; latitude29nola.com

Barrel Proof

Based in a former warehouse and outfitted with warm cypress wood and reclaimed metal, Barrel Proof boasts more than 150 whiskeys—one of the largest collections in New Orleans—and its beer count (75 total) isn't far behind. 1201 Magazine Street; barrelproofnola.com

The Franklin

This dimly lit cocktail bar and farm-to-table restaurant specializes in small-batch spirits.

Barrel Proof pours over 150 kinds of whiskey.



Stake out one of the brown leather sofas that line the wood-paneled walls, and ask for an Isabelle, which mixes smoky mezcal and honeydew melon. 2600 Dauphine Street; thefranklinnola.com

SHOP

Frenchmen Art Market

Strands of pretty cafe lights illuminate this three-year-old outdoor market that's open five nights a week. Shop from a rotating cast of 40 or so local artists selling handmade paintings, photos, jewelry, and more. 619 Frenchmen Street; frenchmenartmarket.com

Exodus Goods

Beyoncé may have recently bought a house in Uptown, but little sister Solange lived here before it was trendy and opened this fashion-forward boutique with three partners in 2014. The shop carries leopard-print sandals made in Kenya, Guatemalan bags in contemporary colors, and papaya-print clutches made right in New Orleans. 518 Conti Street; exodusgoods.us

Loomed

While exploring and living in Istanbul for a year, Molly and Paul Babineaux discovered pestamels, flat Turkish towels woven one by one on looms. The couple works with five

#SLNEWORLEANS



TROY "TROMBONE SHORTY" ANDREWS

MUSICIAN

MY NEW ORLEANS IS...

"Jumping onstage during the New Orleans Jazz & Heritage Festival at the Fair Grounds Race Course. Jazz Fest has the best New Orleans has to offer, like sets from legends such as Allen Toussaint and Aaron Neville."

Share your New Orleans on social media with #SLNewOrleans.

Handwoven textiles
(and mascot Alice)
at Loomed



#SLNEWORLEANS



SUE ZEMANICK

CHEF, GAUTREAU'S

MY NEW ORLEANS IS...

"Dancing to the Rebirth Brass Band at a second line parade and grabbing an ice-cold Heineken and a smoked sausage sandwich from Bittles with the Vittles on St. Claude Avenue."

Share your New Orleans on social media with #SLNewOrleans.

family-run workshops in southeastern Turkey to create handmade organic cotton textiles, which they sell along with NOLA-made goat's milk soaps. 2727 Prytania Street, Suite 13; loomed.co

DO

Fulton Alley

At this stylized bowling alley, players relax between turns on leather Chesterfield sofas situated beneath chandeliers. During happy hour, which runs from 5 to 7 p.m.

Monday through Thursday and 11 a.m. to 7 p.m. on Fridays, snacks like deviled eggs, homemade meat pies, and beignets are half price. 600 Fulton Street; fultonalley.com

Mosquito Supper Club

Every Thursday, chef Melissa Martin—who also owns an oyster bar inside the St. Roch Market—uses local, seasonal ingredients to cook an intimate pop-up Cajun feast for 24 diners in a space that doubles as artist Mia Kaplan's studio. 810 North Rampart Street; mosquitosupperclub.com



A crisp guest room at
Q&C Hotel/Bar

Crescent Park

In 2014, a nine-year urban-renewal project was completed and successfully converted two old wharves into a lush waterfront park. Stretching for 1.4 miles along the Mississippi River, this haven features biking and walking paths, a dog park, and a picnic area with striking views of New Orleans' skyline. reinventingthecrescent.org

STAY

Windsor Court Hotel

The city's landmark luxury hotel—where Sir Paul McCartney stayed on his last tour—underwent a \$22 million renovation in 2012. Now there's a spa, plus marble baths

and Frette linens in every room. The hotel features an extensive art collection that includes a 17th-century Van Dyck, and visitors can download the Windsor Court app for an audio tour of the historic establishment. 300 Gravier Street; windsorcourthotel.com

Q&C Hotel/Bar

Named after the Queen & Crescent Railways, which connected Cincinnati (the Queen City) with New Orleans (the Crescent City), the Q&C Hotel/Bar was renovated from top to bottom last year. Each room now boasts a striking mix of old (original pine floors) and new (custom damask wallpaper that incorporates magnolia blossoms). 344 Camp Street; qandc.com

TOP LEFT: RUSH JAGOE; PORTRAIT: COURTESY CHRIS GRANGER/SUE ZEMANICK

Chef Melissa Martin (right) founded the pop-up Mosquito Supper Club with help from friend Effie Michot in 2014.

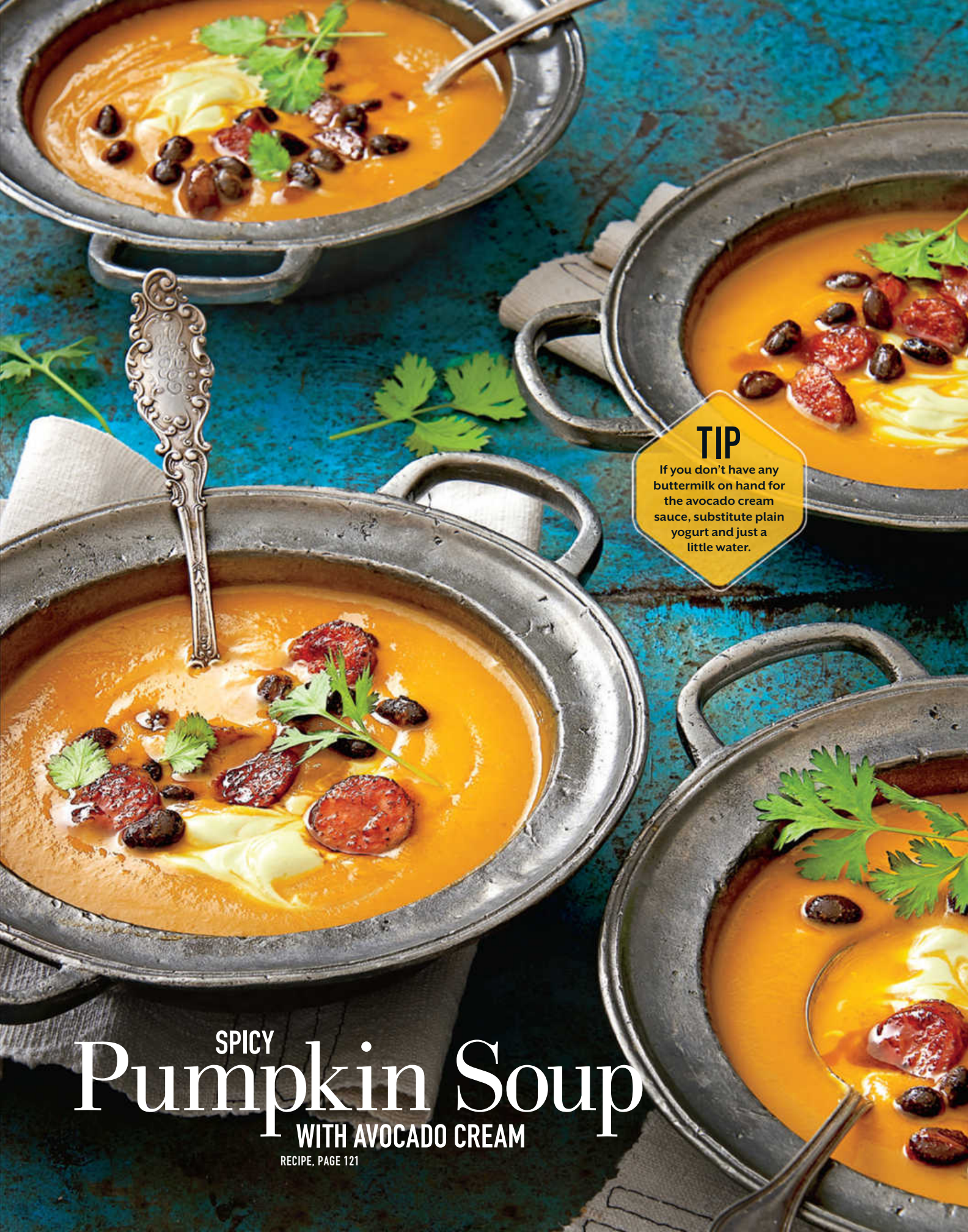




by ERIN MERHAR
photographs by GREG DUPREE

THE Great PUMPKIN COOKBOOK

SWEET, SPICY, SAVORY—SIX DISHES STARRING FALL'S PRIME PICK



TIP

If you don't have any buttermilk on hand for the avocado cream sauce, substitute plain yogurt and just a little water.

SPICY Pumpkin Soup

WITH AVOCADO CREAM

RECIPE, PAGE 121



TIP

Need help peeling and cutting your pumpkin? Most super-market produce sections offer this service for a small fee.

PEAR-AND-PUMPKIN Tart

RECIPE, PAGE 118

PUMPKIN-AND-TURNIP GREEN Lasagna

RECIPE, PAGE 121

TIP

Use no-boil lasagna noodles (we like Barilla brand), which will soak up moisture from the sauce and pumpkin.

PEAR-AND-PUMPKIN TART

MAKES 6-8 APPETIZER SERVINGS

- 1 (17.3-oz.) package frozen puff pastry sheets, thawed
- 1/2 (3-lb.) sugar pumpkin, peeled, seeded, and cut into 1/4-inch-thick slices
- 1 firm Bartlett pear, cut into 1/4-inch-thick slices
- 1/2 tsp. kosher salt
- 1/4 tsp. freshly ground black pepper
- 2 tsp. olive oil, divided
- 2 cups loosely packed arugula leaves
- 1/4 cup crumbled blue cheese
- 1/4 cup fresh pomegranate seeds
- 1 tsp. red wine vinegar

1. Preheat oven to 425°. Unfold puff pastry sheets, and place side by side on a baking sheet, overlapping short sides 1/2 inch. Press seam to seal. Score a 1/2-inch border on all sides, using a knife. Do not cut through pastry.
2. Toss together pumpkin slices, next 3 ingredients, and 1 tsp. olive oil in a large bowl. Spread mixture in a single layer on prepared pastry sheets, leaving a 1/2-inch border.
3. Bake at 425° for 20 to 22 minutes or until pastry is golden brown. Cool on a wire rack 10 minutes.
4. Toss together arugula, next 3 ingredients, and 1 tsp. olive oil in a medium bowl. Add salt

and pepper to taste. Sprinkle mixture over tart, and cut into desired shapes.

HANDS-ON 20 min., **TOTAL** 50 min.

PUMPKIN-CHOCOLATE BROWNIES

MAKES 2 DOZEN

- 1 1/4 cups semisweet chocolate morsels
- 1 cup unsalted butter, cut into pieces
- 3 (1-oz.) unsweetened chocolate baking squares, chopped
- 3 large eggs
- 1 cup plus 2 Tbsp. granulated sugar
- 2 Tbsp. cold brewed coffee
- 1 Tbsp. vanilla extract
- Parchment paper
- 2/3 cup all-purpose flour
- 1 1/2 tsp. baking powder
- 1 tsp. kosher salt, divided
- 1 (15-oz.) can pumpkin
- 3 large eggs
- 1/2 cup heavy cream
- 1/3 cup firmly packed light brown sugar
- 1 1/2 tsp. pumpkin pie spice

1. Preheat oven to 350°. Pour water to a depth of 1 inch in the bottom of a double boiler over medium heat; bring to a boil. Reduce heat, and simmer. Place first 3 ingredients in top of double boiler over simmering water. Cook, stirring occasionally, 5 to 6 minutes or until

melted. Remove from heat; cool 10 minutes.

2. Whisk together 3 eggs, granulated sugar, and next 2 ingredients in a large bowl. Gradually whisk warm chocolate mixture into egg mixture; cool 10 minutes.

3. Grease a 13- x 9-inch baking pan with butter. Line bottom and sides of pan with parchment paper, allowing 2 to 3 inches to extend over sides. Grease (with butter) and flour parchment paper.

4. Sift flour, baking powder, and 1/2 tsp. salt in a bowl. Whisk into chocolate mixture. Pour batter into prepared pan, reserving 2/3 cup.

5. Whisk together pumpkin, next 4 ingredients, and remaining 1/2 tsp. salt; pour over brownie batter in pan. Top with reserved brownie batter, and swirl batter gently 3 times in 1 direction and 3 times in the opposite direction with a knife or the end of a wooden spoon.

6. Bake at 350° for 45 to 50 minutes or until a wooden pick inserted in center comes out with a few moist crumbs. Cool completely on a wire rack (about 2 hours). Lift brownies from pan, using parchment paper sides as handles. Gently remove parchment paper, and cut brownies into 24 squares.

Note: To make ahead, refrigerate cooled uncut brownies, uncovered, overnight; cut into squares while cold.

HANDS-ON 40 min., **TOTAL** 4 hours, 5 min.

TIP

Fresh pumpkins are great for savory dishes. Pick those labeled "sugar" or "pie."

Beer-Battered Pumpkin WITH DIPPING SAUCE

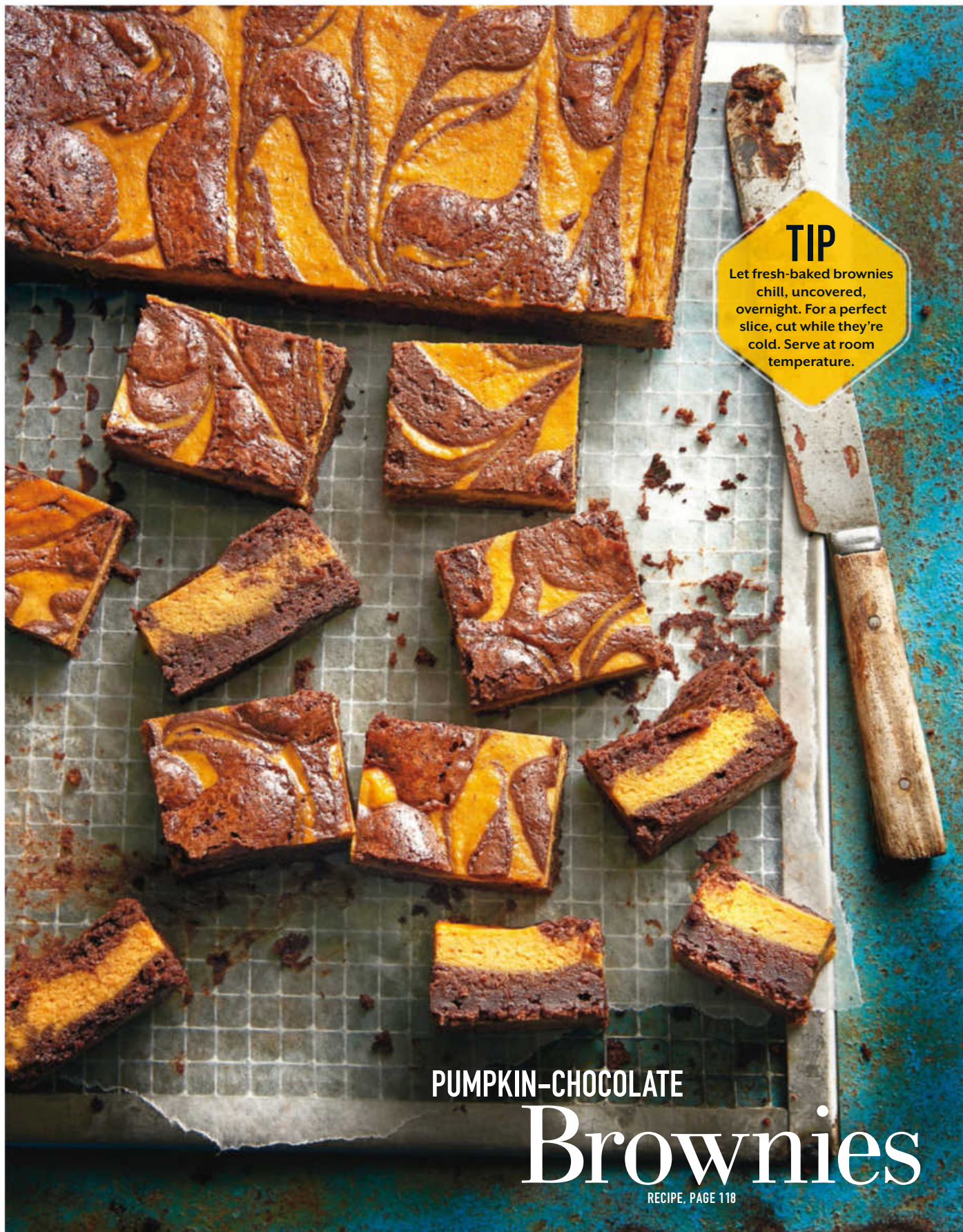
- Vegetable oil
- 1 1/3 cups all-purpose flour
- 1/4 cup cornstarch
- 1 Tbsp. plus 1/2 tsp. kosher salt, divided
- 1 (12-oz.) bottle cold light beer (such as

- Corona Light)
- 1/2 (3-lb.) sugar pumpkin, peeled, seeded, and cut into 1/2-inch-thick wedges
- 15 large fresh sage leaves
- 1 garlic clove

- 1/2 cup low-fat Greek yogurt
- 1/4 cup buttermilk
- 1/4 tsp. hot sauce (such as Tabasco)
- 1/4 tsp. freshly ground black pepper

1. Pour oil to a depth of 1 1/2 inches in a Dutch oven; heat over medium-high heat to 350°.
2. Whisk together flour, cornstarch, and 1 Tbsp. salt in a large bowl; whisk in beer. Dip pumpkin wedges in batter, allowing excess batter to drip off. (Pumpkin should be very lightly coated.)
3. Gently lower pumpkin into hot oil, using tongs. Fry pumpkin, in 3 batches, 3 to 4 minutes or until tender inside and light brown outside, turning once. Place fried pumpkin on a wire rack in a jelly-roll pan; season with salt. Repeat procedure with sage leaves, frying 1 minute on each side.
4. Place peeled garlic clove on a cutting board; smash garlic, using flat side of knife, to make a paste. Whisk together garlic, yogurt, next 3 ingredients, and remaining 1/2 tsp. salt. Serve yogurt mixture with fried pumpkin and sage leaves.

MAKES 4 to 6 appetizer servings. **HANDS-ON** 40 min., **TOTAL** 40 min.



TIP

Let fresh-baked brownies chill, uncovered, overnight. For a perfect slice, cut while they're cold. Serve at room temperature.

PUMPKIN-CHOCOLATE

Brownies

RECIPE, PAGE 118

OUR EASIEST Pumpkin Pie EVER

TIP

For a crisp crust (no more soggy bottom!), use a metal pie pan and prebake your crust with pie weights.

- 1 (14.1-oz.) package refrigerated piecrusts
- 1 1/2 cups plus 2 Tbsp. buttermilk, divided
- Parchment paper
- 1 (15-oz.) can pumpkin
- 3/4 cup sugar
- 2 tsp. ground cinnamon
- 1/2 tsp. kosher salt
- 1 tsp. vanilla extract
- 2 large eggs
- 1 large egg yolk

1. Preheat oven to 425°. Fit 1 piecrust into a 9-inch metal pie pan according to package directions, pressing excess dough onto rim of pie pan. Cut shapes from remaining piecrust to use around pie edge. (We used a 1/2-inch round cutter.) Brush 1 Tbsp. buttermilk around pie edge; arrange shapes around pie edge, pressing to adhere. Brush shapes with 1 Tbsp. buttermilk. Prick bottom and sides of piecrust 8 to 10 times with a fork. Line piecrust with parchment paper, and fill with pie weights. Bake 15 minutes.

2. Whisk together pumpkin, next 6 ingredients, and remaining 1 1/2 cups buttermilk in a large bowl. Pour mixture into piecrust.

3. Bake at 425° for 10 minutes. Reduce heat to 325°, and bake 35 to 40 more minutes or until edge of filling is slightly puffed and center is slightly jiggly. Cool on a wire rack 1 hour. Store in refrigerator up to 2 days.

MAKES 8 servings. **HANDS-ON** 15 min.; **TOTAL** 2 hours, 15 min.

ODE TO PUMPKIN PIE'S BEST FRIEND



Once regarded as a miracle that fed arctic explorers and prevented disease, canned foods don't get much love these days. But one famous can deserves praise by pumpkin pie bakers everywhere: Libby's. Although making your own puree may seem like a noble effort, you'll likely end up with a hot mess. That's because pumpkins at the grocery store don't compare to those Libby's has developed since 1929. For its 90 million pies' worth of cans, Libby's uses a proprietary variety of Dickinson pumpkin, which has a thinner skin and a thicker layer of sweet flesh. As for that velvety texture? There's no blender that will produce a puree as smooth and free of fibrous strands. So go ahead and crank that can opener. Some things are best left to the professionals.

—HANNAH HAYES

5 MORE WAYS TO USE CANNED PUMPKIN

- 1. ROAST IT:** Spread puree on a parchment paper-lined baking sheet, and roast at 350° until it begins to brown. It will create a deeper taste.
- 2. DRINK IT:** Pour a teaspoon or two of puree into bourbon-based cocktails.
- 3. SAUCE IT:** Stir puree into a cream-based pasta sauce, and serve with ravioli.
- 4. SPREAD IT:** Add a few tablespoons of puree to cream cheese.
- 5. STIR IT:** Spoonfuls of puree, plus honey, cinnamon, and berries added to oatmeal makes a quick, good-for-you breakfast.

PUMPKIN-AND-TURNIP GREEN LASAGNA

MAKES 6-8 SERVINGS

- 1 lb. mild Italian sausage, casings removed
- 2 Tbsp. olive oil, divided
- 2 garlic cloves, finely chopped
- 2 1/2 tsp. kosher salt, divided
- 1 (1-lb.) package fresh turnip greens, chopped
- 1 1/2 qt. milk
- 6 Tbsp. butter
- 6 Tbsp. all-purpose flour
- 1/2 tsp. dry mustard
- 2 cups (8 oz.) shredded Parmesan cheese, divided
- 3/4 tsp. freshly ground black pepper, divided
- 1/2 tsp. ground nutmeg, divided
- 1 (29-oz.) can pumpkin
- 1 lb. no-boil lasagna noodles
- Vegetable cooking spray

1. Preheat oven to 375°. Cook sausage in 1 Tbsp. olive oil in a large skillet over medium-high heat, stirring often, 4 to 5 minutes or until meat crumbles and is no longer pink. Remove sausage to a plate, using a slotted spoon; reserve drippings in skillet. Reduce heat to medium.

2. Stir garlic, 1/2 tsp. salt, half of turnip greens, 1/2 cup water, and remaining 1 Tbsp. oil into hot drippings. Cook 1 minute, stirring and scraping bottom of skillet to loosen browned bits. Stir in remaining turnip greens. Reduce heat to medium-low, and cook 5 to 6 minutes or until greens are tender and water has evaporated. Remove from heat.

3. Microwave milk, in batches, in a microwave-safe measuring cup covered with plastic wrap at HIGH for 2 to 3 minutes or until very warm. Melt butter in a large saucepan over medium heat. Whisk in flour, and cook, whisking constantly, 1 minute. Gradually whisk in warm milk; cook, whisking often, 12 to 14 minutes or until mixture thickens and comes to a low boil. Remove from heat, and whisk in dry mustard, 1 cup Parmesan cheese, 1/4 tsp. pepper, 1/4 tsp. nutmeg, and 1 tsp. salt.

4. Whisk together pumpkin, 3/4 cup Parmesan cheese, 1/4 tsp. ground nutmeg, 1 tsp. salt, and 1/2 tsp. pepper in a large bowl.

5. Place 1 layer of lasagna noodles in a lightly greased (with cooking spray) 13- x 9-inch baking dish, covering bottom completely. (Use pieces of noodles to fill in any gaps.) Spread 1 cup sauce over noodles; top with cooked sausage. Add another layer of

noodles and 1 cup sauce; top with half of pumpkin mixture. Add another layer of noodles and 1 cup sauce; top with remaining pumpkin mixture. Add another layer of noodles and 1 cup sauce; top with remaining 1/4 cup Parmesan cheese.

6. Bake at 375° for 40 minutes or until top is golden brown. Let stand 15 minutes before serving. Sprinkle with freshly grated Parmesan cheese. Serve with remaining sauce.

HANDS-ON 1 hour; **TOTAL** 1 hour, 55 min.

SPICY PUMPKIN SOUP WITH AVOCADO CREAM

MAKES 6-8 SERVINGS

- 1 cup diced yellow onion
- 3 Tbsp. olive oil, divided
- 1 1/2 tsp. kosher salt, divided
- 2 garlic cloves, chopped
- 1 Tbsp. ground cumin
- 1 (29-oz.) can pumpkin
- 6-6 1/2 cups reduced-sodium chicken broth
- 1 canned chipotle pepper in adobo sauce
- 1 Tbsp. adobo sauce from can
- 1 medium avocado, peeled and diced
- 1/2 cup whole buttermilk
- 2 Tbsp. fresh lime juice
- 2 Tbsp. extra virgin olive oil
- 8 oz. smoked sausage, sliced
- 1 cup black beans, drained and rinsed
- 1/2 tsp. smoked paprika

1. Place onions, 2 Tbsp. olive oil, and 1 tsp. salt in a Dutch oven over medium heat; cover and cook 5 to 6 minutes or until translucent. Stir in garlic and cumin; cook 2 minutes. Whisk in pumpkin and 6 cups broth; add chipotle pepper and 1 Tbsp. adobo sauce. Increase heat to medium-high, and simmer, stirring occasionally, 12 minutes.

2. Process soup, in batches, in a food processor or blender 1 minute. Add up to 1/2 cup broth, 2 Tbsp. at a time, to reach desired consistency.

3. Process avocado, next 3 ingredients, and remaining 1/2 tsp. salt in a blender until smooth. Add up to 1/4 cup water, 1 Tbsp. at a time, to reach desired consistency.

4. Cook smoked sausage in remaining 1 Tbsp. olive oil in a large skillet over medium heat, stirring occasionally, 3 minutes. Stir in black beans and paprika, and cook 1 minute. Ladle soup into serving bowls; top with sausage mixture and avocado cream.

HANDS-ON 55 min.; **TOTAL** 55 min.

Hey kids, it's
VEGGIES!

Menu

MOODY CONE

Our Moodiest Blend of Creamy Original Ranch Dressing and

Thousand Island Dressing is a creamy, tangy,

CRISP CONE

Our Crisp Blend of Creamy Original Ranch Dressing and

Thousand Island Dressing is a creamy, tangy,

CHEESY POP

Our Cheesy Blend of Creamy Original Ranch Dressing and

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Our Vegetable Blend of Creamy Original Ranch Dressing and

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Southern Cooking

FROM THE SOUTH'S MOST TRUSTED KITCHEN

Shepherd's Pie with
Potato Crust
Recipe, page 128

MAKE IT AHEAD

Cook ground beef mixture, and cool completely. Refrigerate mixture up to two days. Add freshly cut potatoes, and bake.

BEAUTIFUL BEEF DINNERS

EASY ENOUGH FOR A WEEKNIGHT MEAL... ELEGANT ENOUGH FOR WEEKEND GUESTS



Greek Baked Ziti
Recipe, page 128

**MAKE IT
AHEAD**

Fix and freeze this dish (unbaked) for a hands-off dinner. Let it stand 30 minutes before baking, and add 15 to 20 minutes in the oven.

**MAKE IT
AHEAD**

These meatballs freeze beautifully. Bake an extra batch (or two), freeze, and cook as instructed, adding 10 minutes to cooking time.

Tex-Mex
Meatballs
in Red Chile
Sauce
*Recipe,
page 130*



**MAKE IT
AHEAD**

Prepare these kabobs up to two days in advance, and store in the fridge. Pop them on the grill just before you're ready to serve.

Spiced Beef Kabobs with Herbed
Cucumber-and-Tomato Salad
Recipe, page 130



THE ART OF
MAC & CHEESE



SHEPHERD'S PIE WITH POTATO CRUST

Instead of mashed potatoes, use thinly sliced potatoes to form the gorgeous, scalloped crust. We used a mandoline for slicing, but a sharp knife will also work.

FILLING

- 1 1/2 lb. lean ground chuck
- 2 Tbsp. vegetable oil
- 1 cup dry red wine
- 1 Tbsp. tomato paste
- 3 Tbsp. butter
- 1 1/2 cups chopped onion
- 1 1/2 cups chopped carrots
- 3 garlic cloves, minced
- 3 Tbsp. all-purpose flour
- 2 cups beef broth
- 1 Tbsp. Worcestershire sauce
- 1 Tbsp. chopped fresh rosemary leaves
- 1 tsp. chopped fresh thyme leaves
- 2 1/2 tsp. kosher salt
- 1 tsp. freshly ground black pepper
- 1 1/2 cups fresh or frozen English peas

CRUST

- 2 sweet potatoes (about 1 1/2 lb.), peeled and very thinly sliced
- 2 large Yukon gold potatoes (about 1 1/2 lb.), peeled and very thinly sliced
- Vegetable cooking spray
- 2 Tbsp. butter, melted
- ADDITIONAL INGREDIENT**
- 2 Tbsp. chopped fresh flat-leaf parsley

1. Prepare Filling: Cook ground chuck in hot oil in a large skillet over medium-high heat, stirring

occasionally, 8 minutes or until crumbled and no longer pink. Add wine and tomato paste, and cook, stirring occasionally, 4 to 5 minutes or until wine is completely evaporated. Remove mixture from skillet, and drain. Wipe skillet clean.

2. Melt butter in skillet over medium-high heat. Add onion and carrots, and sauté 4 to 5 minutes or until slightly browned and tender. Add garlic, and cook, stirring constantly, 30 seconds. Stir in flour, and cook, stirring constantly, 1 minute. Stir in broth, and bring to a boil, stirring constantly. Reduce heat to medium; stir in Worcestershire sauce and next 4 ingredients. Simmer 10 minutes or until thickened. Stir in peas and beef mixture. Remove from heat.

3. Prepare Crust: Preheat oven to 375°. Microwave sweet potatoes and 1/4 cup water in a microwave-safe bowl covered with plastic wrap at HIGH 5 minutes. Repeat procedure with Yukon gold potatoes.

4. Arrange about two-thirds of potato slices, edges slightly overlapping, in a lightly greased (with cooking spray) 9-inch deep-dish pie plate, covering bottom and sides. Spoon in filling. Arrange remaining potato slices, edges slightly overlapping, over filling. Brush potatoes with melted butter.

5. Bake at 375° for 40 to 45 minutes or until potatoes are tender. Increase oven temperature to broil, and broil 2 to 3 minutes or until golden brown and crispy. Sprinkle with chopped fresh parsley. Let stand 10 minutes before serving.

MAKES 4 to 6 servings. **HANDS-ON** 1 hour, 10 min.; **TOTAL** 2 hours



GREEK BAKED ZITI

Inspired by the classic Greek comfort dish known as pastitsio, this pasta casserole uses fresh and flavorful ingredients.

12 oz. ziti pasta

- 1 small yellow onion, chopped
- 1 Tbsp. olive oil
- 2 garlic cloves, minced
- 1 1/2 lb. lean ground beef
- 2 (15-oz.) cans tomato sauce
- 1 Tbsp. fresh lemon juice
- 1 1/2 tsp. dried oregano
- 1 tsp. sugar
- 1/2 tsp. ground cinnamon
- 1 1/2 tsp. kosher salt, divided
- 3 Tbsp. butter
- 3 Tbsp. all-purpose flour
- 3 cups milk
- 1 cup grated Parmesan cheese
- 1/2 tsp. freshly ground black pepper
- Vegetable cooking spray
- 1 (8-oz.) package shredded mozzarella cheese
- 1/3 cup fine, dry breadcrumbs

- 1.** Preheat oven to 350°. Cook pasta in a Dutch oven according to package directions.
- 2.** Meanwhile, sauté onion in hot oil in large skillet over medium-high heat 4 to 5 minutes or until tender. Add garlic; sauté 30 seconds. Add beef; cook, stirring occasionally, 5 minutes or until crumbled and no longer pink. Drain mixture, and return to skillet.
- 3.** Stir tomato sauce, next 4 ingredients, and 1 tsp. salt into meat mixture. Bring to a simmer over medium-high heat, and

cook, stirring occasionally, 2 minutes. Remove from heat.

4. Melt butter in a large saucepan over low heat. Whisk in flour, and cook, whisking constantly, 2 minutes. Gradually whisk in milk. Increase heat to medium, and cook, whisking constantly, 5 to 7 minutes or until thickened and bubbly. Stir in Parmesan cheese, pepper, and remaining 1/2 tsp. salt. Add sauce to pasta, stirring to coat.

5. Transfer pasta mixture to a lightly greased (with cooking spray) 13- x 9-inch baking dish. Top with beef mixture, mozzarella cheese, and breadcrumbs.

6. Bake at 350° for 20 to 25 minutes or until mixture is bubbly and cheese is melted. Let stand 10 minutes before serving.

MAKES 6 to 8 servings. **HANDS-ON** 50 min.; **TOTAL** 1 hour, 20 min.

GROUND BEEF TIPS

STORING: Refrigerate or freeze ground beef as soon as possible after purchase. If it will be used within one or two days, keep meat in its original packaging and store in the refrigerator.

FREEZING: Original packaging won't protect meat from freezer burn. To freeze, slip the package into a zip-top plastic freezer bag or rewrap recipe-size portions of uncooked ground beef in heavy-duty aluminum foil. Be sure to label, including the weight and date. Use within four months.

THAWING: The best way to thaw ground beef is in the refrigerator, which prevents the texture from becoming mealy. Cook within two days.

ADD SOME
BOLD



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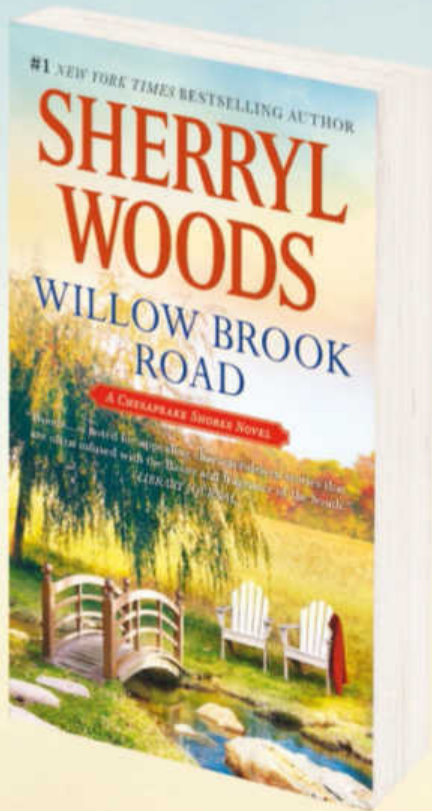
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COOKING

WHAT TO COOK NOW



TEX-MEX MEATBALLS IN RED CHILE SAUCE

Let guests doctor their own plates with
crunchy, colorful toppings.

- 1 poblano pepper
- 1 small white onion, coarsely chopped
- 2 garlic cloves
- 1/2 cup firmly packed fresh cilantro leaves with tender stems
- 1/2 cup finely crushed corn chips
- 1/4 cup milk
- 2 large eggs
- 1 1/2 tsp. kosher salt
- 1/2 tsp. freshly ground black pepper
- 2 lb. ground chuck
- Vegetable cooking spray
- 2 (10-oz.) cans red chile enchilada sauce
- 2 cups reduced-sodium chicken broth
- 2-2 1/2 Tbsp. sugar, divided
- 1 cup sour cream
- 1 tsp. lime zest
- 2 Tbsp. fresh lime juice
- 6-inch corn tortillas, warmed
- Toppings: Cotija cheese, radishes, toasted shelled pumpkin seeds (pepitas), cilantro sprigs, avocado, red leaf lettuce

1. Preheat broiler with oven rack 5 inches from heat. Broil poblano pepper on an aluminum foil-lined baking sheet 6 to 8 minutes or until blistered, turning occasionally. Place poblano in a zip-top plastic freezer bag; seal and let stand 10 minutes to loosen skin. Peel poblano; remove and discard stem and seeds. Pulse poblano, onion, garlic, and cilantro in a food processor until finely chopped.
2. Stir together corn chips and milk in a large bowl; let stand about 5 minutes or until chips soften. Stir in eggs, salt, pepper, and poblano mixture. Fold in beef. Shape into 35 (1 1/2-inch) meatballs (about 2 tablespoonfuls each). Place 1 1/2 inches apart on a lightly greased (with cooking spray) rack in

an aluminum foil-lined jelly-roll pan.

3. Preheat oven to 400°. Bake 10 to 12 minutes or until browned. Transfer meatballs to a large Dutch oven; add enchilada sauce, chicken broth, and 1 Tbsp. sugar. Bring to a boil over high heat. Reduce heat to medium, and simmer 15 to 20 minutes or until meatballs are cooked through and sauce is slightly thickened, turning meatballs halfway through.

4. Meanwhile, whisk together sour cream, zest, and lime juice in a small bowl. Season with salt, and add desired amount of remaining sugar. Serve meatballs with sour cream mixture, tortillas, and toppings.

MAKES 8 to 10 servings. **HANDS-ON** 40 min.; **TOTAL** 1 hour, 20 min.



SPICED BEEF KABOBS WITH HERBED CUCUMBER-AND- TOMATO SALAD

Serve this zesty beef with toasty bread and
a tangy herb salad.

- 8 (10-inch) flat wooden skewers
- 3 firm white bread slices, torn into small pieces
- 1 1/2 lb. ground beef
- 1/2 cup finely chopped yellow onion
- 1/4 cup chopped fresh flat-leaf parsley leaves
- 1/4 cup chopped fresh cilantro leaves
- 1 1/2 tsp. kosher salt
- 1 tsp. ground cumin
- 1/2 tsp. ground allspice
- 1/2 tsp. ground coriander
- 1/2 tsp. freshly ground black pepper
- 1/2 tsp. ground red pepper
- Vegetable cooking spray
- 8 pita rounds, warmed
- Yogurt-Tahini Sauce
- Herbed Cucumber-and-Tomato Salad

1. Soak skewers in water 30 minutes. Meanwhile, place bread and water to cover

in a small bowl; let stand 10 minutes. Using hands, squeeze excess liquid from bread; transfer bread to a large bowl. Stir in beef and next 9 ingredients.

2. Coat cold grill grate with cooking spray. Preheat grill to 400° (medium-high) heat. Divide ground beef mixture into 8 portions, and chill 10 minutes. Press and flatten each portion around a skewer, forming a 4- to 5-inch oval.

3. Grill, covered with grill lid, 7 to 8 minutes or until golden brown, turning once. Serve warm with pita rounds, Yogurt-Tahini Sauce, and Herbed Cucumber-and-Tomato Salad.

MAKES 8 servings. **HANDS-ON** 30 min.; **TOTAL** 50 min., including sauce and salad

Yogurt-Tahini Sauce

Whisk together $\frac{3}{4}$ cup **Greek yogurt**; 1 **garlic** clove, minced; 2 Tbsp. **tahini**; 1 Tbsp. fresh **lemon juice**; $\frac{1}{2}$ tsp. ground **cumin**; and $\frac{1}{8}$ tsp. **kosher salt** in a small bowl. Drizzle with **olive oil**, and sprinkle with **black pepper**.

MAKES 1 cup. **HANDS-ON** 5 min.; **TOTAL** 5 min.

Herbed Cucumber-and-Tomato Salad

- 3 Tbsp. extra virgin olive oil
- 2 Tbsp. red wine vinegar
- 1 tsp. chopped fresh oregano
- $1\frac{1}{2}$ lb. Kirby cucumbers, peeled, seeded, and sliced
- 1 cup grape tomatoes, halved
- $\frac{1}{2}$ cup thinly sliced red onion
- 2 Tbsp. fresh mint leaves
- 2 Tbsp. fresh flat-leaf parsley leaves
- 2 Tbsp. chopped fresh dillweed
- Kosher salt and freshly ground black pepper
- $\frac{1}{2}$ cup crumbled feta cheese

Whisk together first 3 ingredients in a small bowl. Toss together cucumbers, next 5 ingredients, and vinegar mixture in a large bowl. Season with salt and pepper. Sprinkle with feta.

MAKES 4 to 6 servings. **HANDS-ON** 15 min.; **TOTAL** 15 min. 



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LEARN INDULGE EXPLORE

*A look back at the 2015
Atlanta Food & Wine Festival*



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The Ultimate Culinary Classroom

Atlanta Food & Wine Festival guests gained access to the South's most trusted kitchen with the Festival's *Southern Living* Test Kitchen Experience, which featured award-winning Southern chefs exploring a range of topics from the magical Shio-Koji and extreme chili peppers to hickory nuts and root-to-leaf cooking. The kitchen was designed by Guy Gunter Home (guygunterhome.com) and outfitted with tools and cookware, including SharpIN™ Forged Cutlery by Calphalon (calphalon.com).

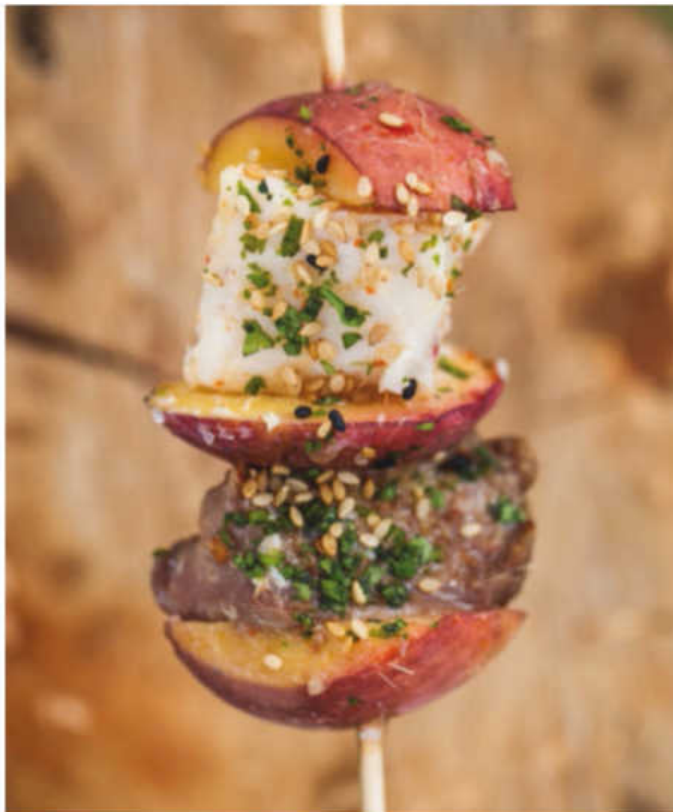
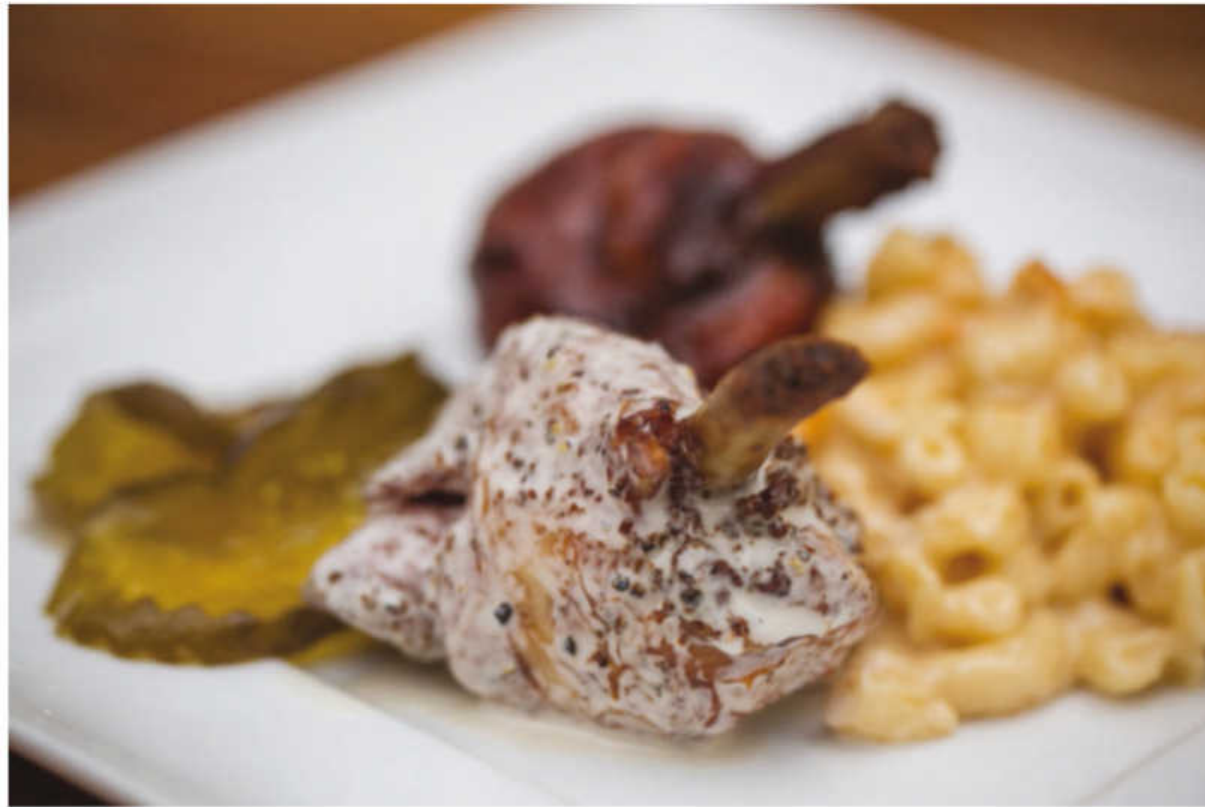
The Perfect Festival Indulgence

The 2015 Festival saw guests looking for the ultimate in food and beverage. From a signature dinner series to intimate breakfasts and classes set in a luxuriously designed area, the Connoisseur Lounge was the perfect Festival indulgence.

Chefs are fond of saying, "We first eat with our eyes," so it's no wonder that principle extends to the environments in which we eat. The Atlanta Food & Wine Festival brings together not only the brightest minds in Southern food and drink, but also stand-out designers to make the Festival grounds as delicious to look at as the bites and sips are to consume.

Atlanta-based designer William Peace, ASID, of Peace Design (peacedesign.com), holds a national reputation for high-end residential transformations, as well as designing select destination restaurants. In addition to creating an overall decor plan for the weekend, Peace and his team of skilled designers also created a stunning look for the Connoisseur Lounge, which was unveiled during the Festival weekend.

LET'S DO IT AGAIN, JUNE 2-5, 2016



And an Exploration of Alabama's Deep Barbecue Roots

From secret sauces to cooking techniques passed down from generation to generation, Southerners are obsessed with their barbecue. This year at #AFWF15, Alabama Tourism hosted an incredible tasting experience in conjunction with a screening of *Q - Alabama's Barbecue Legends*.

More than 300 guests sampled some of Alabama's best while kicking off the 2015 Festival at the Loews Atlanta Hotel.

THE SL TEST KITCHEN ACADEMY



ROBBY MELVIN
DIRECTOR OF THE
SOUTH'S MOST
TRUSTED KITCHEN

Does the meat counter seem like a mystery? What's the difference between top and bottom sirloin anyway? We're here to help. Our handy chart shows where each cut comes from, how to cook it best, and the average price per pound.

SL **SCAN ROBBY'S IMAGE** above using the Digimarc app to see five things you should never do with ground beef. southernliving.com/groundbeef

The SL BEEF PRIMER

RIB An affordable and crowd-pleasing alternative to pork ribs. **BEST FOR:** Cooking low and slow in the oven. \$4 per lb.

LOIN This elegant cut is prized for its tenderness. **BEST FOR:** Roasting on special occasions. Pair it with a creamy mustard sauce. \$17 per lb.

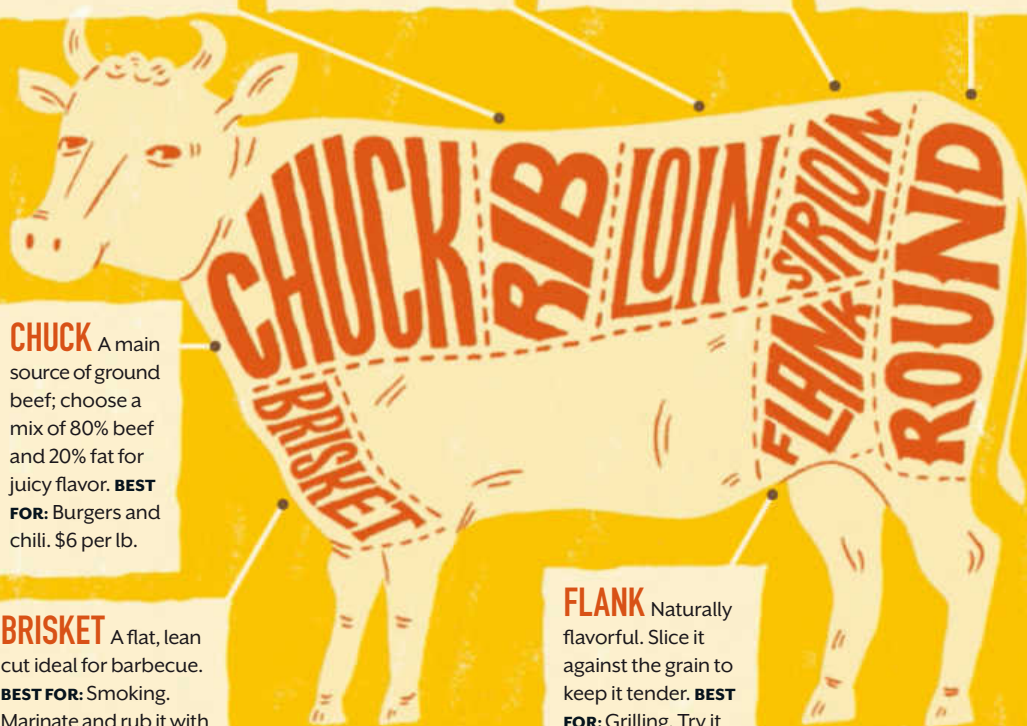
SIRLOIN Opt for top sirloin, which is more tender and juicier than bottom cuts. **BEST FOR:** Pan searing. Finish with sea salt. \$5 per lb.

ROUND A steal for the price; marinating this lean, boneless cut is a must. **BEST FOR:** Braising. Try it for roast beef po'boys. \$6 per lb.

CHUCK A main source of ground beef; choose a mix of 80% beef and 20% fat for juicy flavor. **BEST FOR:** Burgers and chili. \$6 per lb.

BRISKET A flat, lean cut ideal for barbecue. **BEST FOR:** Smoking. Marinate and rub it with spice; serve with beans and slaw. \$4 per lb.

FLANK Naturally flavorful. Slice it against the grain to keep it tender. **BEST FOR:** Grilling. Try it in tacos with salsa verde. \$10 per lb.



PORTRAIT: MICHAEL HOEWELER; BEEF PRIMER ILLUSTRATION: MARY KATE McDEVITT

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This Month: Easy Does It

When working with ground beef, move quickly so the meat stays chilled. Also, be gentle when shaping it into loaves and patties. Too much hands-on attention and you'll end up with tough meatloaves and burgers.



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Bolognese Made Easy

Step up pasta night with this meaty slow-cooker sauce

SLOW-COOKER BOLOGNESE SAUCE OVER PAPPARDELLE PASTA

Traditionally, Bolognese sauce requires hours of babysitting as it simmers on the stove, but our recipe is virtually hands-off.

1 medium-size yellow onion, finely chopped

2 celery ribs, finely chopped

1 medium carrot, finely chopped

1 Tbsp. olive oil

2 garlic cloves, minced

2 Tbsp. tomato paste

2 lb. lean ground beef

1 Tbsp. kosher salt

2 tsp. sugar

2 tsp. dried Italian seasoning

1/2 tsp. ground black pepper

1/4 tsp. ground nutmeg

1 bay leaf

1/2 cup red wine

2 (28-oz.) cans whole peeled tomatoes

2/3 cup heavy cream

1 lb. pappardelle pasta or wide fettuccine

Freshly shaved or grated Parmigiano-Reggiano cheese

1. Sauté first 3 ingredients in hot oil in a large skillet over medium-high heat 8 minutes or until tender. Add garlic and tomato paste; cook, stirring constantly, 30 seconds. Transfer to a 6-qt. slow cooker.

2. Add beef to skillet, and cook, stirring often, 7 minutes or until crumbled and no longer pink; drain. Stir in kosher salt and next 5 ingredients. Stir in wine, and cook, stirring occasionally, 7 minutes or until almost all liquid evaporates. Add to slow cooker, and stir to combine.

3. Drain tomatoes, reserving liquid. Using your hands, crush tomatoes, and break them apart. Add to slow cooker, and stir to combine.

4. Cover and cook on LOW 6 hours. Stir in cream. Check sauce; it should be thick and creamy. (If soupy, uncover and cook 30 more minutes. If dry, stir in reserved canned tomato liquid, 1 Tbsp. at a time, to thin sauce.) Discard bay leaf.

5. Cook pasta according to package directions. Drain well. Toss together pasta and 4 cups sauce. (Reserve remaining sauce for another use.) Spoon into serving dishes, and sprinkle with desired amount of cheese. Serve immediately.

Note: Refrigerate sauce up to 5 days, or freeze for up to 3 months.

MAKES 6 to 8 servings. **HANDS-ON** 40 min.; **TOTAL** 6 hours, 40 min.



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A Sweet & Salty Snack

Take popcorn to the next level with peanuts, caramel, and colorful candies

CARAMEL-PEANUT-POPCORN SNACK MIX

There's no trick to this treat. All you need is 30 minutes to make this scary-good mix for a Halloween party or your next movie night (check out ours on page 100).

- 15 cups popped popcorn (about $\frac{3}{4}$ cup kernels)
- Vegetable cooking spray
- 1 cup plus 2 Tbsp. firmly packed dark brown sugar
- $\frac{1}{2}$ cup butter
- $\frac{1}{2}$ cup dark corn syrup
- $\frac{1}{4}$ tsp. kosher salt
- 1 cup lightly salted dry-roasted peanuts
- Wax paper
- 1 (10.5-oz.) package candy-coated peanut butter pieces (such as Reese's Pieces)

1. Preheat oven to 325°. Spread popcorn in an even layer on a lightly greased (with cooking spray) heavy-duty aluminum foil-lined 13- x 18-inch pan. Stir together brown sugar and next 3 ingredients in a small saucepan over medium-low heat; bring to a simmer, and simmer, stirring constantly, 1 minute. Pour over popcorn, and stir gently to coat.

2. Bake at 325° for 25 minutes, stirring every 5 minutes. Add peanuts during last 5 minutes. Remove from oven, and spread on lightly greased (with cooking spray) wax paper. Cool completely (about 20 minutes). Break apart large pieces, and stir in candy pieces. Store in an airtight container up to 1 week.

Note: Cook kernels without oil in the microwave. Place $\frac{1}{4}$ cup kernels in a 2 $\frac{1}{2}$ -qt. microwave-safe bowl; completely cover bowl top with a microwave-safe plate. Cook at HIGH 3 to 4 minutes or until kernels have popped. Repeat with remaining kernels.

MAKES about 17 $\frac{1}{2}$ cups. **HANDS-ON** 30 min., **TOTAL** 50 min.



PROP STYLING: HEATHER CHADDUCK HILLEGAS; FOOD STYLING: ERIN MERHAR



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Knoxville, TN 865.531.1931

Oct. 24th at St Johns Town Ctr.
Jacksonville, FL 904.641.0471

Nov. 7th at Baybrook Mall
Houston, TX 281.486.0700

Nov. 14th at Penn Square Mall
Oklahoma City, OK 405.840.8495

Nov. 21st at Bel Air
Mobile, AL 251.471.1551



Harvest & Harmony

Join us October 24th from 4:00 p.m.-10:00 p.m. at Dakin Dairy Farms in Myakka City, Florida. VIP guests will enjoy farm tours and a demonstration by a *Southern Living* editor. Everyone will enjoy appetizers, a *Fête* Catering dinner and entertainment by a Nashville songwriter.

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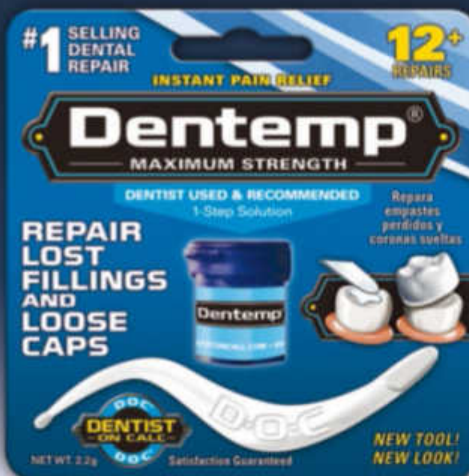
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A Homespun Ghost Story

The unsettling tale of the silver-haired old woman who watched over the mill . . . and everyone in it

Ghosts peered down from the rafters, people said. When the old mill finally shut down, after shaking the earth of my hometown for a hundred years, workers who stayed on to dismantle its machines said they heard strange things when they walked the vast, echoing rooms. They heard footsteps and an unsettling, whispering sound, as if generations who had worked themselves to death refused to depart just because the rich men closed the doors. The place had always been haunted, old people said. Spirits swirled in the air white with cotton dust, and the machines seemed hungry. Some say the mansions

are haunted down here, but if ghosts linger anywhere, I believe, it is behind the padlocked gates of the redbrick monoliths you find, crumbling, in many Southern towns. I know it is foolishness, but sometimes I ride past the place our mill stood and think of her, and wonder if she haunts this place, and if she looks over her people, still.

My friend Homer Barnwell told me about the old woman and promised to tell me more, but he walks with the angels now. I often think of her in this season of the black cat, the glowing pumpkin smile, and boys who shout "boo" from under bedsheets, and sometimes I wish I knew more, but usually I don't. The point of Halloween is to know enough to scare you a little; and never look under the sheet.

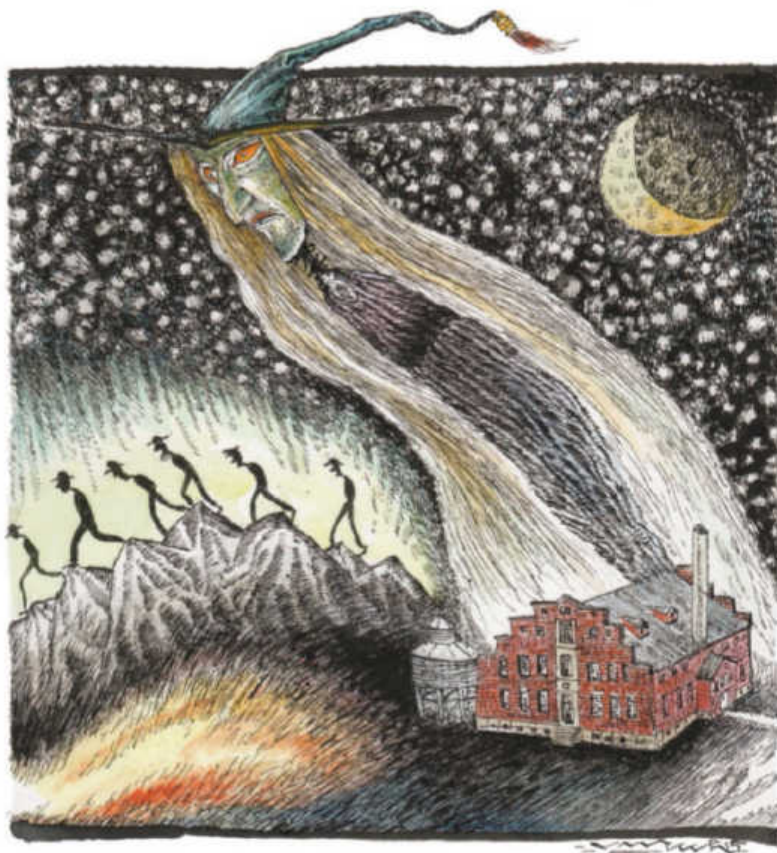
A child of mill workers here in Jacksonville, Alabama, Homer told me of a woman tall as a man in old-fashioned hook-and-eye shoes, with silver hair that hung to the hem of her black dress. Her face was like cut pine, and her eyes were like honey. They say she had Indian blood; that's where she learned her remedies, and charms. She came, like everyone in the village, from the mountains, among the starved-out hillbillies who took their stations at the machines.

Homer was a boy the first time he saw her, on a street paved in soot and cinders, and his mother warned him not to stare. She would turn a rude boy into a doodlebug, or at least that was what the little boys lied about when they were getting dog sick on rabbit tobacco behind the cotton shed. But as he got older, he saw the truth of it: In a place where the company owned the doctor, being sick meant being fired, and the old woman made medicines for men with brown lung and picked herbs to help women with morning sickness, so they could keep their places at the machines. She protected them the best she could from the Yankee outsiders who had no respect for them or the magic of the mountains.

The mill owner was not good to his people. He paid them near nothing and did not weep when the machines wrecked their bodies. He starved them to break a strike in 1933 and watched them suffer from his great house. The old woman watched, too, with her amber eyes.

In time, the rich man began to wither and fail, and his great house rotted around him, and all fell to death and ruin. The people worked on. And some said she aided in this, somehow, but of course it was just the passing of time.

Just foolishness of course, just a story to tell, on a night when the bedsheet beasts walk the earth. 





Peach Cobbler

- 8 Tbsp Almased
- 12 oz unsweetened vanilla almond milk
- ½ cup fresh peach slices
- ½ tsp cinnamon
- 1 tsp stevia (optional)

Wait for about 10 minutes before drinking for the peach flavor to unfold.

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Bananas Foster

- 8 Tbsp Almased
- 12 oz unsweetened coconut milk
- ½ ripe banana
- 1 tsp rum extract
- 1 tsp caramel extract
- 1 tsp cinnamon
- 1 tsp stevia (optional)



Cocoa Flax

- 8 Tbsp Almased
- 12 oz unsweetened coconut milk
- 2 tsp unsweetened cocoa powder
- 1 Tbsp ground flaxseeds
- ½ tsp nutmeg
- 1 tsp stevia (optional)



Lemon Drop

- 8 Tbsp Almased
- 12 oz water
- 2½ tsp lemon extract
- 1 tsp flaxseed or walnut oil
- 1 tsp stevia (optional)



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